



March/April Newsletter

Membership renewal is fast approaching. Please complete the new membership application form here which now includes emergency contact details and medical information.

Please DO NOT pay fees to the club account. You will receive an email from a noreply email address from Welsh Athletics with a payment link. Please only use this link to pay. I will let you know when it has been sent.

Linked to membership renewal I will be cleaning up the members Facebook and strava pages so please do not be offended if you are removed. You can still follow the public Facebook page and our website.

If you are not intending on renewing it would be helpful if you could let me know. We will be sorry to see you go but our door for you to return will always be open.

Funding is available for anyone that would like to give something back to club by becoming a leader or a coach. Check out the courses available here and let me know if you are interested. The more we have the merrier to cover First Steps, Juniors, Club and Free Wheeler sessions.

Championship points are still available in March by attending Monmouth Parkrun, any half marathon, any marathon or ultra and volunteering. Don't forget if you play your joker you get double points.

Welsh Castles Relay - unfortunately only 13 people were interested in entering this year so we have had to decline the invitation. With 20 legs to cover we would need twice that number to insure we had a team. Hopefully more interest next year.

Rack Raid - once again we have only be awarded one team place. Please respond to the Facebook poll or reply here if you are interested. Team captains will be selecting a competitive team from those interested members. Other relay opportunities will present themselves over the summer.

Cider Frolic - we are also looking to organise a weekend of running, camping and cider 19th-20th July. Link below. Again, please respond to the Facebook poll or reply to this email if you are interested.

● Numbers at training have been a little low of late. Hopefully with the better weather and lighter evenings more people will attend. A big thanks must go to Toby for producing the monthly plan both for Club and First Steps and we look forward to the greater variety that the light nights brings.

SPRING SOCIAL 🍷🍷🍷🍷🍷🍷🍷🍷 Friday 19th April Cwmbran Bowling.

Cost for 2 games will be approx £14 (depending on numbers) Please reply if you are up for this by 1st April. We will then ask for payment as we will have to pay upon booking. Family members welcome.

● Club Championship Handicap Race Date Change The Club Championship Handicap Race that was planned for the 30th March is being pushed back a week as it is Easter. The race will take place during Parkrun with handicaps retro fitted to your finish time. More details next week. Plenty of Races still to enter in April and May.

Dates for your Diary

Club Trip Benidorm Half Marathon and 10k - November 2024 (more details to follow)

Cider Frolic 19th - 21st July - 12/24 hour multi lap run, solo or team event

Nic