



**Pont-y-pŵl
& District**



December Newsletter

As the year draws to a close and we lace up our running shoes for the last few miles of 2023, I wanted to take a moment to extend my warmest Christmas greetings to each and every one of you.

This year has been a journey filled with strides, challenges, and triumphs, and I am incredibly proud of the spirit and camaraderie that defines our running club. Whether you achieved personal bests, conquered new trails, or simply found joy in each step, your dedication has been the heartbeat of our club.

As we approach the festive season, let's reflect on the miles we've shared, the friendships we've forged, and the moments of sheer exhilaration that come with being part of this incredible community. Our running shoes may have covered varied terrains, but it's the collective heartbeat of our club that unites us.

Christmas is a time to celebrate, and I hope you find moments of peace and joy with your loved ones. May the holiday season bring you warmth, laughter, and the well-deserved rest that follows a year of hard work and determination.

Looking ahead to the new year, I am excited about the paths we'll explore together, the races we'll conquer, and the memories we'll create. Our running club is more than a collection of individuals—it's a family, and I feel privileged to be part of this journey with each of you. Thank you for making the Red, White and Black army the incredible community it is.

Wishing you a Merry Christmas filled with love, laughter, and the joy of the open road. On behalf of the entire committee and myself, here's to a festive season full of cheer and a new year brimming with exciting running adventures!

Andy

AGM

Just a few items from our recent AGM:

London Marathon Ballot Winner - Archie Davies, 1st reserve - Nicola Brunnock 2nd reserve - Michele Deal

Proposed increase in membership fees: Due to the increase in both club and individual Welsh Athletics affiliation fees it was proposed to increase our membership fees as follows: **Senior affiliated £40 Junior affiliated £25 Senior social £25 Junior under 8s £20 Family (2adults 2 children) £100.** There were no objections in the room but as we didn't have a quorum to enable us to pass the motion, please email nicolarugby@icloud.com if you have an objection.

We have vacancies for a Comms Officer and Club Development Officer. If interested, please email Nicola for more details

Dates for your Diary

Club Awards Night - 27th January Awards, Buffet, Disco and Bar what more could you want. The Log Cabin, Trevechin. Tickets will be £20 per person and will be on sale after Christmas.

The popular **Christmas Day Parkrun** will be taking place 25th December 9am in the Park

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 - Club Social event. Entries open tomorrow (22nd December) for details click the button below.

[Cider Frolic](#)

Club Championship 2024 starts in January get your races planned and start getting your entries in.

[Club Championship 2024](#)