



### February Newsletter

Well done on everyone's achievements in January and congratulations to our 2023 Award Winners. So what do we have for an action packed February?

#### Championship races to chose from are :

- 04/02/24 Reverse 10 (FULL)
- 18/02/24 [Hereford 10 Mile](#)
- 18/02/24 [Sorbrook Slog](#)
- 25/02/24 [Pontypool Home Run](#)

*February Parkrun tourism is Newport Riverfront.*

GLCL XC on 02/02/24 at Risca Leisure Centre.

# Gwent XC League - Volunteers Needed

Dimitri is looking for volunteers to help out at the Gwent XC league race in the park on Saturday 2nd March. Please comment on his Facebook post or message directly.

**Membership** An early heads up that subs will be due at the end of March. Please **DO NOT** pay into the club account. When they are due you will receive a payment link from Welsh Athletics. Please only use this link. If you know anyone that would like to join club, they can join now and get the rest of this season for free.

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

[Cider Frolic](#)

**Club Championship 2024** have started get your races planned and start getting your entries in.

[Club Championship 2024](#)



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