



**Pont-y-pŵl
& District**



January Newsletter

The new year beckons with the promise of fresh challenges and exciting adventures. Let us approach 2024 with enthusiasm, embracing the spirit that defines our great club.

2024 promises to be an exciting year for the club with new and old races on the horizon. We also have some great plans for social events the first of which is our Awards Night on the 27th January - more about that below.

Wishing you a Happy New Year filled with joy, health, and the thrill of the open road.

Andy



Awards Night: The awards night is just 17 days away. A great evening is planned with Awards, Buffet, Raffle, Disco and Bar what more could you want. The new venue is The Log Cabin, Trevethin Tickets are on Sale from the link below or you can purchase them directly by paying money into the club account (please use Awards as the payment reference). This year we will also be having a raffle with some great prizes tickets available on the night. If you can't attend the Awards night - support the club and buy some raffle tickets. Prizes include £30 massage voucher, Bottle of Whisky, Bottle of Prosecco,

Kelly Holmes book "Unique" signed first edition, Deena Kastor Memoir (US Marathon Runner), High5 Hydration Starter Pack, 4xVoom Power Bars, Baylis & Harding Bath Bombs and Dove Time to Pamper Gift Set, prizes being added all the time.

[Award Night or Raffle Tickets Here](#)

THE DEADLINE FOR AWARD NIGHT TICKET PURCHASES IS SATURDAY 20th JANUARY - DON'T MISS OUT

Adrian Wood Memorial Award: It's time to vote for your Members Member for the Adrian Woods Memorial Award. Consider anyone that has gone "above and beyond" over the past year, volunteering, representing club, good role model etc, etc. Send your vote to me at andymillard@btopenworld.com before 20th January.



GLCL: After an incident at the last GLCL XC clubs have been asked to stress the importance of complying with the GLCL code of conduct (on our website [here](#))

Dates for your Diary

Club Trip **Benidorm Half Marathon** and **10k** - November 2024 (more deatils 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 Championships 2024](#)