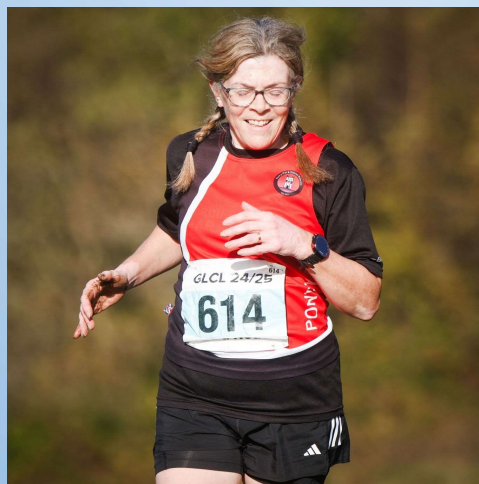
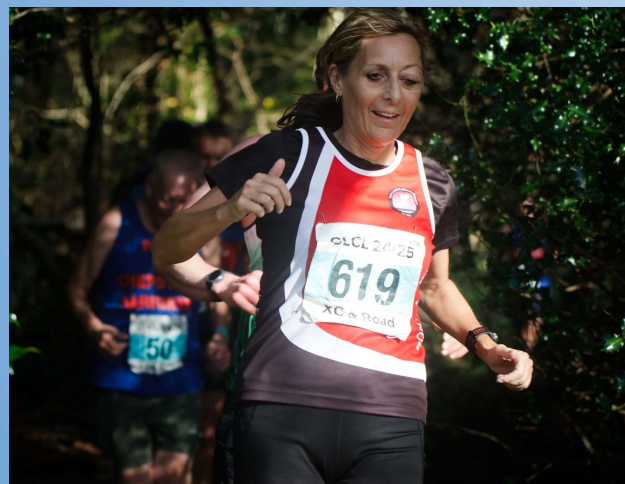




**Gwent Leisure Centre League**





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**Gwent Leisure Centre League**











22/11/25

# 10K BENIDORM HALF

[benidormhalf.com](http://benidormhalf.com)



Post	Dorsal	Name	Time
691	008925	Southgate, Karen	0:48:54
1308	008926	Robinson, Mandy	0:54:24
2201	008924	Halpin, Eigen	1:00:52
2115	007345	Morgan, Wendy	1:00:14





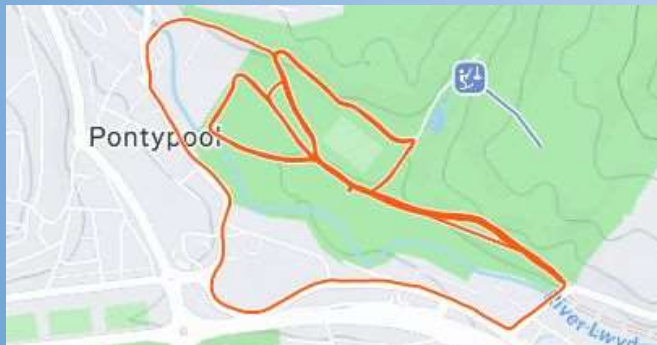


The 2025 Benidorm Half was already shaping up to be a record-breaking edition in terms of entries: from 6,500 in 2024, which was already its best ever, to 9,132 this year. Furthermore, it achieved a milestone that will surely be difficult for other races on the national scene to match: 44.4% of the participants came from a single country outside of Spain, namely the United Kingdom. The race, organized by Tour-Sport Promociones Deportivas, has become the leading race in the province of Alicante in terms of entries. Of that total number of registered runners (9,132), 4,616 participants, or 50.5%, were from abroad. And, notably, 4,043 runners were British.

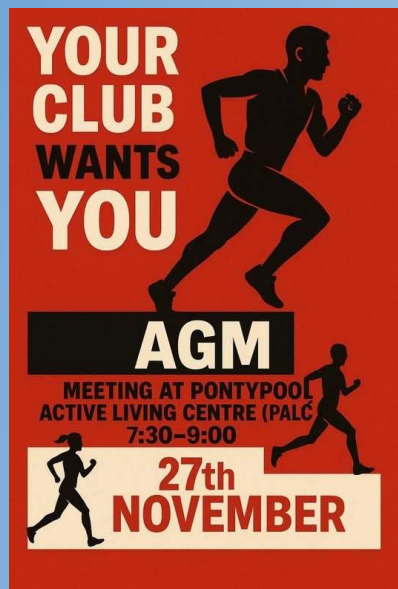


# *Fairwater Mixed Training Session with Nicola*

The purpose of interval training is to improve cardiovascular endurance, speed, and strength by alternating high-intensity bursts with periods of rest or low-intensity recovery. This method is efficient for increasing both aerobic and anaerobic fitness, boosting metabolism, improving running economy, and allowing for greater work to be done in a shorter amount of time.







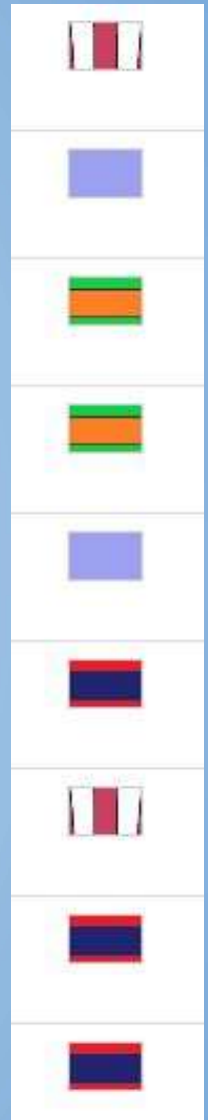
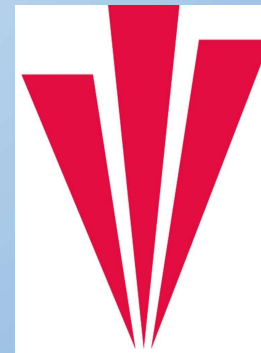
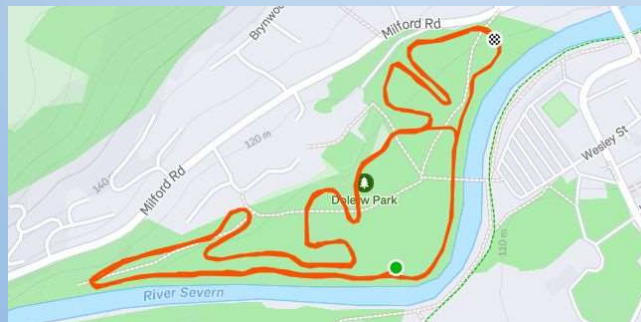
Andy Millard – Chair/Social Media/Web  
 Michelle Deal - Vice Chair/Membership Secretary  
 Mandy Holder – Club Secretary/Volunteer Coordinator  
 Dimitri Vorres – Treasurer/Admin GLCL & Gwent League/Welfare Officer  
 Louise Bright - Social Secretary/Club Kit  
 Ricci Watts - Club Development/Men's Vice Captain  
 Kayleigh Carter – Social Media/Web  
 Mandy Robinson – Junior Rep  
 Aaron Bainton – Grants/Sponsorship  
 Sammi Sinclair – Ladies Captain  
 Susan Lawrence – Ladies Vice Captain  
 Adam Grey – Men's Captain





# Welsh Inter-Regionals

The Welsh Inter-Regional Cross Country Championships took place on Saturday the 29th November at Dolerw Park in Newtown.





# WELSH INTER-REGIONAL CROSS COUNTRY CHAMPIONSHIPS

Saturday 29<sup>th</sup> November 2025

Race	Time	Age Group	Course	Distance
1	11:10	Years 3 & 4 Primary Girls	1 Small Lap	1,300m
2	11:20	Years 3 & 4 Primary Boys	1 Small Lap	1,300m
3	11:30	Years 5 & 6 Primary Girls	1 Small Lap	1,300m
4	11:40	Years 5 & 6 Primary Boys	1 Small Lap	1,300m
5	12:00	U13 Girls (School Years 7/8)	1 Large Lap	2,520m
6	12:20	U13 Boys (School Years 7/8)	1 Large Lap	2,520m
7	12:35	U15 Girls (School Years 9/10)	1 Small, 1 Large Lap	3,820m
8	13:00	U15 Boys (School Years 9/10)	1 Small, 1 Large Lap	3,820m
9	13:20	U17 & U20 Women (School Years 11 - 14)	2 Large Laps	5,040m
10	13:45	U17 & U20 Men (School Years 11 - 14)	1 Small, 1 Medium, 1 Large Lap	5,810m
11	14:10	Senior Women & Masters	1 Small, 2 Large Laps	6,340m
12	14:55	Senior Men & Masters	1 Medium, 3 Large Laps	9,550m

Laps	
Start	170m
Finish	130m
Re-lap	300m
Small	A,C,D,E,F (1,000m)
Medium	A,B,C,D,F (1,690m)
Large	A,B,C,D,E,F (2,220m)





# Competition Medals and Medallists

Medals for each distinct age category in event: **171** found. Last calculated: 29 Nov 2025, 9:01 p.m.

Medal Table		Medallists		Multiple Medallists	
#	Team	Gold	Silver	Bronze	
1	 EWAL	27	19	12	
2	 SWAL	14	15	10	
3	 NWAL	11	14	19	
4	 WWAL	9	9	12	

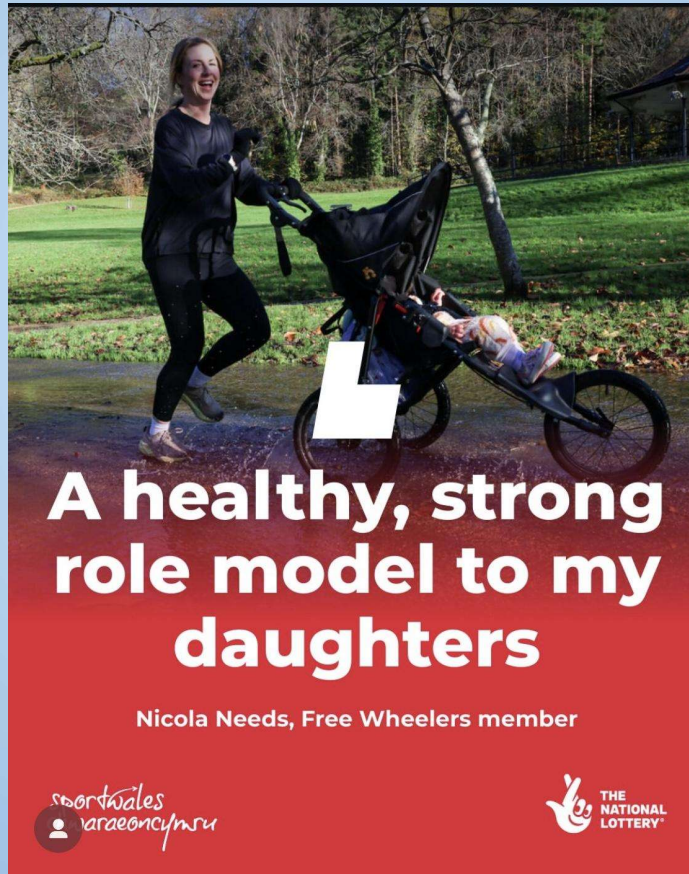
#	Team	Total	Places (Points)	
1	 SWAL	145.0	8: Morgan James (8), 12: Oliver Price (12), 14: Badr Alainzay (14), 18: (18), 20: Jack Eggington (20), 21: Tom Flitcroft (21), 25: James Griffiths (25), 27: Mark Price (27)	
2	 EWAL	169.0	2: Craig Williams (2), 9: Rhys Simmonds (9), 10: Matt Grantham (10), 15: Brychan Price-Davies (15), 17: Dane Williams (17), 33: Eric Apperley (33), 39: Ed Gwynne-Harris (39), 44: Adam Grey (44)	

Well Done Adam



# Pont-y-Pwl Free Wheelers

Free Wheelers, a running club in Pontypool, is removing one of the biggest barriers to exercise for new parents - childcare. 👨‍👩‍👧



Each week, the group meets at Pontypool Park, where family life meets fitness. Parents and their babies and toddlers can exercise together using specialist buggies, thanks to National Lottery funding distributed by Sport Wales.

🏃 Nicola is becoming an active and healthy role model for her daughters.

💪 Helen is feeling fitter and stronger than ever.



# Top Tips

## PROPER RUNNING

# FORM



### Posture and alignment

**Head and neck:** Keep your head up, look forward about 5-8 meters ahead, and maintain a neutral position where your ears are in line with your shoulders. Avoid tilting your head down.

**Torso:** Stand tall with a straight back and a neutral pelvis. Engage your core and avoid slumping or arching your back. A slight forward lean from the ankles is acceptable, but avoid bending at the waist.

**Shoulders:** Keep your shoulders relaxed and down, away from your ears.

### Arms and hands

**Arm swing:** Keep your elbows bent at about a 90-degree angle. Swing your arms forward and back from the shoulders, keeping them close to your body.

**Movement:** Avoid crossing your arms in front of your body, as this can waste energy.

**Hands:** Keep your hands and fists relaxed, as if you are holding a potato chip or a butterfly.

### Stride and foot strike

**Foot landing:** Aim to land your foot directly beneath your hips, under your center of gravity.

**Foot strike:** Focus on a midfoot strike rather than a hard heel strike. This helps with shock absorption and body position.

**Cadence:** Aim for a quicker, snappier stride rather than overstriding. A cadence of around 180 steps per minute is a good target for many runners.

### Breathing

**Technique:** Breathe deeply and naturally from your diaphragm rather than shallowly from your chest.

**Method:** Inhale through your nose and exhale through your mouth for sustained running.



## Training Plan



December 2025

W/C	Tuesday Workout	Thursday Run	Races / Events
1/12/25	<p>Decreasing intervals</p> <p>1 x 4 min / 2 min 2 x 3 min / 90 sec 3 x 2 min / 60 sec 4 x 1 min / 30 sec</p> <p>Increasing pace as reps shorten.</p> <p>With Toby</p>	<p>6-8 miles flat</p> <p>Easy flat miles ahead of cross country this weekend.</p>	<p>6/12 Gwent League XC - Blaise Castle</p> <p>6/12 Lanzarote Marathon, Half, 10k, 5k</p>
8/12/15	<p>Hill sprints</p> <p>10-12 x 30sec hill sprints Walk back recovery</p> <p>Short steep hill sprints to build strength, speed and power</p> <p>With Nic</p>	<p>1 Hour negative split</p> <p>Out and back turning at 31 minutes and aiming to get back to the start in 29 mins.</p>	<p>11/12 Festive Five Newport</p> <p>13/12 Festive 10k Cardiff</p> <p>13/12 Celtic Trail half*</p> <p>14/12 Westonburt House Christmas 10k*</p>
15/12/25	<p>Track Intervals</p> <p>7:00pm Newport Stadium, Velodrome Way, Newport, NP19 4RA - £4 on the door.</p> <p>10-12 300mtr / 100 mtr Jog recovery</p> <p>With Maria</p> <p>Alternative session in the park with Sammi</p>	<p>Final social run of the year</p> <p>5-6 miles chatty run starting and finishing at The Lower New Inn, NP4 0NU.</p> <p>Even if you're not running, come and have a drink.</p>	<p>21/12 Forest of Dean Christmas Tree Race</p>
22/12/25	<p>Festive lights intervals</p> <p>Session around the festive wonderland that is Coed Camlas TBC.</p> <p>With Nic</p>	<p>Christmas Day</p> <p>A hard session overindulging on turkey, sprouts, roast potatoes, Christmas pudding, mince pies, beer and wine, followed by a easy recovery on the sofa.</p>	<p>26/12 Boxing Day Run Olive Tree Cwmbran</p> <p>28/12 Hereford Couriers Christmas 10k*</p>
29/12/25	<p>Sammi's Speed dating</p> <p>A bit of fun to round off the year. Running in pairs and swapping partners after each rep (could be absolute chaos!)</p> <p>With Sammi</p>		<p>21/12 Nos Galan*</p>

## December Training Plan

We have a track session in Newport again on the 16th at 7pm (there will be an alternative session in the park for those who can't get to the track).

As we approach Christmas, we'll have a bit of fun with a session around Coed Camlas and Sammi's "speed dating" session just before New year.

As always, the sessions are designed for all abilities and any of the coaches are there to answer any questions.





## Pont-y-pwl on Tour

With an average temperature of 21°C the Lanzarote International Marathon takes place in December along a coastal avenue in the Island of Lanzarote, covering the municipalities of Costa. Teguisse, Arrecife, San Barlotomé and Puerto del Carmen, 10k and half options also available.

Cocktails and drinks may also be available....



# Lanzarote International Marathon

With an average temperature of 21°C the Lanzarote International Marathon takes place in December along a coastal avenue in the Island of Lanzarote, covering the municipalities of Costa Teguise, Arrecife, San Bartolomé and Puerto del Carmen. Very low, nearly flat but it can be challenging. Elevation max 30m on average





December



Nos Galan  
Celtic Trail Half Marathon  
Hereford Couriers Christmas 10k  
Westonbirt House Christmas 10k

## Looking Forward 🗓️

The Club Challenge races are -

Nos Galan  
Celtic Trail Half Marathon  
Hereford Christmas 10k  
Westonbirt House Christmas 10K

Parkrun Challenge - Pontypool

Club Tour - Lanzarote

For all information regarding the Club please follow this link - <https://pontypoolrunners.co.uk/>



**Pont-y-pwl & District Runners**