

By popular demand we will be putting on a series of classroom sessions at Penllergare Woodland Centre aimed at helping members understand how to organise and plan events. These will be followed by a short fitness session to help build and maintain our fitness on the nights where we have no events. Then we can go to the Old Inn after for the social catch up.

Starting next Wednesday, the sessions will be as follows.

The sessions will start at 18.00, followed by exercise/run at 19.00 for 45 mins.

21 JAN - LOCAL EVENT ORGANISER TRAINING - 40 MINS.

28 JAN - LOCAL EVENT ORGANISER TRAINING - 40 MINS.

18 FEB - LOCAL EVENT PLANNING GUIDELINES - 40 MINS.

25 FEB - LOCAL EVENT PLANNING GUIDELINES - 40 MINS.

11 MAR - USING PURPLE PEN SOFTWARE - 40 MINS.

25 MAR - 2026 PLAN for the year... look ahead to the fixtures, leagues and activities

This is aimed at those of you who have put your names forward to put on an event so that you can start on putting the event together whilst supported by the experienced club members. It will also serve as a valuable refresher of the systems and rule changes for the more experienced members. Please bring pen and paper to make notes and a laptop or equivalent so you can access stuff on the website etc. And don't forget your running kit and head torch

Sasha is organising this for us so if you have any questions, you can contact her at sashahab@icloud.com.

Look forward to seeing as many of you as possible.