

**Welsh Athletics and Run Wales
National Conference 2019
Cynhadledd Cenedlaethol Athletau
Cymru a Rhedeg Cymru 2019**



Vale Resort, Hensol, Vale of Glamorgan. Saturday 19th October

Timetable / Amserlen:

Time / Amser	Topic / Presenter / Gweithgaredd	
9.00 – 10.00am	Breakfast Run All conference delegates are welcome to join in on a morning run around the stunning grounds of the Vale Resort	
10.00 – 10.30am	Registration and Refreshments	
10.30 – 10.40am	Welcome and Introductions	
10.40 – 11.00am	The Strategy for the Sport in Wales James Williams, Head of Operations – Welsh Athletics	
11.10 - 11.50am	Keynote presentation: Creating A Community Champion – Making your Club and Group offer Fit for Purpose Svend Elkjaer, Sports Marketing Network	
11.50 – 12 noon	Refreshment Break / Egwyl	
12 noon – 12.25pm	Club Support and Development Chris Moss, Head of Development – Welsh Athletics	Run Wales, Big Social Run and all things Running... Gareth Hall, National Programme Manager, Run Wales
12.25 - 12.50pm	Developing Projects to Support Club Development Club Case Study: Port Talbot Harriers	Developing Your Group: Run Wales Group of the Year Philippa Walsh & Dominic Doherty, Cowbridge Moovers
12.45 – 1.30pm	LUNCH / CINIO Opportunity to network with other clubs, share good practice (and potentially meet someone new!)	
1.30 – 1.40pm	Partner Presentation: Sports Injury Fix Tom Marshall, Commonwealth Games Representative 1500m, Gold Coast 2018	
1.40 – 1.50pm	Developing Your Offer Equally Sarah Williams - Equality Counts	
1.50 – 2.30pm	Are You More Than... Svend Elkjaer, Sports Marketing Network	
2.30 – 3.00pm	Developing Talent and Developing Athletes Laura Kerr, Coach Development and Physical Preparation Lead, Athletics Northern Ireland	Developing Your Group: Penllergaer Valley Woods Runners - The First Year! Paul Harris, 3M Gorseinon Road Runners
3.00 – 3.15pm	Refreshment Break / Egwyl	
3.15 – 3.40pm	Physical Literacy Workshop: Background, Philosophy and Key Principles Anna Paterson, RVAC & Hannah Pretty, Club Manager (South) Welsh Athletics	Targeting Specific Runners: Focus on Working with a Specific Population Josh James, Policy and Public Affairs Manager, Diabetes UK Cymru
3.40 – 4.05pm	Case Study: The Journey - from Run Wales to Welsh Athletics and back again... Kerry Rocky, Pontyclun Road Runners	
4.05 – 4.25pm	Ask the Experts! Panel Q & A... An opportunity to quiz and grill some of the key representatives from clubs and groups	
4.25 – 4.30pm	Summary and Close	