



**WOMEN'S
RUNNING
CONFERENCE**



LET'S CELEBRATE WOMEN'S RUNNING!

- SATURDAY 18 APRIL 2025 -

- USW, NEWPORT CAMPUS, NP20 2BP -

1	EVENT INFORMATION
2	PRESENTER
3-5	MORNING PANEL / Q&A
6-13	SPEAKERS
14	TIMETABLE
15-22	EXHIBITORS
23	OUR THANKS



EVENT INFORMATION



SATURDAY 18 APRIL 2025

9:00AM-15:30PM

(PLEASE ARRIVE BETWEEN 9:00- 9:45)



**UNIVERSITY OF SOUTH WALES,
NEWPORT CAMPUS**

USK WAY,

NEWPORT

NP20 2BP

PLEASE NOTE THERE IS NO ON-SITE PARKING

NEARBY PARKING OPTIONS INCLUDE:

- KINGSWAY CENTRE MULTI-STOREY CAR PARK, NP20 1HY
(WHAT3WORDS: WAGE.MAJOR.FALLS)
- FRIARS WALK CUSTOMER CAR PARK, NP20 1EA
(WHAT3WORDS: ROOF.POSTER.SECTOR)



WE ENCOURAGE EVERYONE TO GET TO THE EVENT IN THE MOST EFFICIENT WAY POSSIBLE, WHETHER THAT'S USING PUBLIC TRANSPORT OR SHARING A RIDE WITH OTHERS.

NEWPORT TRAIN STATION IS JUST A 10 MINUTE WALK FROM THE VENUE.



LUNCH AND REFRESHMENTS WILL BE PROVIDED



DRESS CODE IS CASUAL - BUT PLEASE MAKE SURE YOU COME APPROPRIATELY DRESSED IF YOU PLAN ON ATTENDING A PRACTICAL SESSION

PRESENTER



LOWRI MORGAN



LOWRI MORGAN IS A SOUGHT-AFTER AND ACCLAIMED MOTIVATIONAL SPEAKER. THE BAFTA-WINNING BROADCASTER, INTREPID ADVENTURER AND WORLD-CLASS EXTREME ULTRA ENDURANCE ATHLETE IS SOMEONE WHO IS KEENLY AWARE OF THE ATTITUDE AND APPLICATION THAT IS NEEDED TO ACHIEVE SUCCESS.

SHE HAS A COVETED 6633 ULTRA FINISH TO HER NAME (THE ONLY ATHLETE TO COMPLETE THE 350 MILE RACE IN THE ARCTIC IN 2012), A TOP 10 OVERALL FINISH IN THE AMAZON'S 140 MILE JUNGLE MARATHON, CAME 4TH IN THE TOUGHEST MOUNTAIN RACE THE DRAGON'S BACK RACE PART OF THE FIRST EVER FEMALE CREW TO COMPLETE AND TAKE LINE HONOURS IN THE THREE PEAKS YACHT RACE, WHICH WAS FILMED FOR CHANNEL 4.

LOWRI ALSO COMPLETED THE 333, AN UNIQUE RUNNING CHALLENGE IN SNOWDONIA, WHICH FILMED HER BECOMING THE FIRST PERSON TO RUN FROM NORTH TO SOUTH WALES VIA THE COUNTRY'S HIGHEST PEAKS IN 60 HOURS SOON AFTER BECOMING A MOTHER FOR THE FIRST TIME.

TANNI GREY-THOMPSON



BARONESS TANNI GREY-THOMPSON DBE IS ONE OF BRITAIN'S MOST SUCCESSFUL PARALYMPIANS AND A LEADING ADVOCATE FOR DISABILITY RIGHTS AND INCLUSIVE SPORT.

BORN IN CARDIFF, WALES, TANNI DISCOVERED WHEELCHAIR RACING AS A TEENAGER AND QUICKLY ROSE TO INTERNATIONAL PROMINENCE.

OVER AN EXTRAORDINARY CAREER SHE COMPETED IN FIVE PARALYMPIC GAMES, WINNING 11 GOLD, 4 SILVER AND 1 BRONZE MEDALS, AND BREAKING MORE THAN 30 WORLD RECORDS. HER ACHIEVEMENTS INCLUDE FOUR GOLD MEDALS AT THE 1992 BARCELONA PARALYMPICS, FOUR MORE AT SYDNEY 2000, AND TWO GOLD MEDALS AT HER FINAL GAMES IN ATHENS 2004. SHE ALSO DOMINATED ROAD RACING, WINNING THE LONDON WHEELCHAIR MARATHON SIX TIMES.

SINCE RETIRING FROM ELITE COMPETITION, TANNI HAS CONTINUED TO SHAPE SPORT AND PUBLIC LIFE. IN 2010 SHE BECAME AN INDEPENDENT CROSSBENCH PEER IN THE HOUSE OF LORDS, TAKING THE TITLE BARONESS GREY-THOMPSON OF EAGLESCLIFFE, WHERE SHE SPEAKS PASSIONATELY ON ISSUES INCLUDING DISABILITY RIGHTS, WELFARE REFORM AND SPORT. SHE ALSO SERVES ON A NUMBER OF INFLUENTIAL BOARDS, INCLUDING THE LONDON MARATHON, SPORTSAID, AND THE DUKE OF EDINBURGH'S AWARD, CHAMPIONING OPPORTUNITIES FOR THE NEXT GENERATION.

CLARA EVANS



CLARA IS A WELSH LONG-DISTANCE RUNNER SPECIALISING IN THE MARATHON, KNOWN FOR HER RESILIENCE, CONSISTENCY, AND COMPETITIVE PERFORMANCES ON THE INTERNATIONAL STAGE.

REPRESENTING WALES AND GREAT BRITAIN, SHE HAS DELIVERED STANDOUT RESULTS AT MAJOR EVENTS, INCLUDING THE COMMONWEALTH GAMES AND THE PARIS OLYMPICS.

NATASHA WILSON



TASH (FORMERLY NATASHA COCKRAM) IS A LEADING WELSH MARATHON RUNNER RECOGNISED FOR HER FEARLESS RACING STYLE AND STEADY RISE THROUGH THE INTERNATIONAL RANKS. PROGRESSING FROM A STRONG BACKGROUND IN CROSS COUNTRY AND ROAD RUNNING, SHE HAS DEVELOPED INTO A CONSISTENT PERFORMER OVER THE MARATHON DISTANCE, REPRESENTING WALES AT MAJOR CHAMPIONSHIPS AND COMPETING AGAINST SOME OF THE WORLD'S BEST ATHLETES.

KNOWN FOR HER DETERMINATION AND ABILITY TO DELIVER ON BIG OCCASIONS, TASH HAS PLAYED A KEY ROLE IN WELSH TEAMS ON THE GLOBAL STAGE WHILE CONTINUING TO PUSH HER OWN LIMITS IN ELITE COMPETITION. HER JOURNEY REFLECTS A COMMITMENT TO PROGRESSION, RESILIENCE, AND A PASSION FOR LONG-DISTANCE RUNNING.

SAMANTHA MUNKLEY



AS AN ENDURANCE RUNNER WITH ENDOMETRIOSIS, SAMANTHA'S EXPERIENCE IN SPORT RESHAPED HOW SHE APPROACHES PERFORMANCE AND LED HER TO STUDY WOMEN'S HEALTH. SAMANTHA USES HER PLATFORM TO HIGHLIGHT THE GAPS WOMEN FACE IN SPORT AND ENCOURAGE TRAINING THAT REFLECTS FEMALE PHYSIOLOGY.

MEL STEPHENSON-GRAY



DIAGNOSED WITH TYPE 1 DIABETES AT THE AGE OF 13, TOOK UP ATHLETICS AT 16 AFTER DIAGNOSIS AND WENT ON TO WIN BRITISH AND WELSH MEDALS IN SPRINTING. WANTING TO SUPPORT MORE PEOPLE WITH CHRONIC CONDITIONS TO BECOME ACTIVE, I QUALIFIED AS A DIETITIAN IN 2018 AND WORK IN DIABETES, PREVENTION AND WEIGHT MANAGEMENT. CURRENTLY UNDERTAKING MY SPORTS NUTRITION QUALIFICATION. BOARD TRUSTEE FOR DIABETES UK, EXTOD FELLOWSHIP AWARD WINNER AND SET UP DIABETES PARKRUN LAST YEAR TO PROVIDE A FUN, SUPPORTIVE ENVIRONMENT FOR PEOPLE WITH A CONNECTION TO DIABETES TO BE ACTIVE WHILST RECEIVING PEER SUPPORT. RECENTLY STARTED A SECOND CHAPTER IN BRISTOL FOR CHILDREN WITH DIABETES. I'M A MUM AND ALSO DEVELOP RESOURCES FOR WOMEN AROUND AND AFTER PREGNANCY SO SUPPORT CONTINUATION OF ACTIVITY, INCLUDING THE GLOBAL GUIDELINES FOR DIABETES AND PREGNANCY.

IMOGEN WILLIAMS

PELVIC HEALTH / PILATES



IMOGEN WILLIAMS IS A HIGHLY EXPERIENCED PELVIC HEALTH PHYSIOTHERAPIST WITH 17 YEARS OF PHYSIOTHERAPY EXPERIENCE. A FORMER ATHLETE (LONG JUMP/TRIPLE JUMP) AND MOTHER OF TWO, IMOGEN BRINGS BOTH PROFESSIONAL EXPERTISE AND PERSONAL INSIGHT TO HER WORK.

IMOGEN WORKS AS A HIGHLY SPECIALISED PELVIC HEALTH PHYSIOTHERAPIST IN THE NHS WHERE SHE SPECIALISES IN TREATING PELVIC FLOOR CONDITIONS. IN ADDITION TO HER NHS ROLE, SHE RUNS HER OWN SPECIALIST PELVIC HEALTH SERVICE AT THE STUDIO IN CARDIFF, OFFERING EXPERT CARE FOR WOMEN AT ALL STAGES OF LIFE.

SHE IS ALSO CURRENTLY PURSUING A MASTER'S DEGREE IN ADVANCED CLINICAL PRACTICE IN PELVIC HEALTH TO FURTHER ENHANCE HER EXPERTISE.

FULLY TRAINED IN PILATES, IMOGEN IS PASSIONATE ABOUT BRIDGING THE GAP BETWEEN PELVIC HEALTH AND PERFORMANCE, EMPOWERING WOMEN TO RETURN TO SPORT WITH STRENGTH AND CONFIDENCE.

SESSION OVERVIEW

PELVIC HEALTH FOR RUNNERS: WHAT EVERY WOMAN NEEDS TO KNOW

WHETHER YOU'RE CHASING A PB OR JUST LOVE YOUR WEEKEND RUNS, YOUR PELVIC FLOOR PLAYS A VITAL ROLE IN YOUR PERFORMANCE, COMFORT, AND LONG-TERM HEALTH. IN THIS INFORMATIVE, INTERACTIVE 30-MINUTE SESSION, WE'LL COVER THE ESSENTIALS EVERY FEMALE RUNNER SHOULD KNOW ABOUT PELVIC HEALTH.

- LEARN WHY PELVIC HEALTH MATTERS FOR YOUR RUNNING
- UNDERSTAND HOW TO DO PELVIC FLOOR EXERCISES PROPERLY (AND FIT THEM INTO YOUR ROUTINE!)
- GET TO GRIPS WITH LIFESTYLE TIPS- HYDRATION, TOILET HABITS, POSTURE & MORE
- DISCOVER STRATEGIES TO MANAGE LEAKS, PROLAPSE, AND SYMPTOMS DURING RUNNING
- UNDERSTAND HOW PREGNANCY, CHILDBIRTH & MENOPAUSE IMPACT YOUR PELVIC FLOOR
- TRY PRACTICAL EXERCISES YOU CAN DO ANYTIME
- ASK QUESTIONS ANONYMOUSLY VIA QR CODE

LET'S BREAK THE TABOO, PROTECT YOUR PELVIC FLOOR, AND HELP YOU RUN STRONGER FOR LONGER.

ROYBN AITKENHEAD

NUTRITION



ROYBN IS A PHD RESEARCHER IN SPORT AND EXERCISE NUTRITION AT SWANSEA UNIVERSITY. HER RESEARCH FOCUSES ON OPTIMISING ENDURANCE PERFORMANCE AND GUT HEALTH, THROUGH NUTRITIONAL STRATEGIES, PARTICULARLY INVESTIGATING THE EFFECTS OF MINERAL SUPPLEMENTATION AND PLANT-BASED PROTEINS. ROBYN HAS A SPECIFIC INTEREST IN FEMALE HEALTH AND HOW THAT CAN AFFECT PERFORMANCE AND AS A RUNNER, IS PASSIONATE ABOUT APPLYING HER RESEARCH TO REAL-WORLD ATHLETIC CONTEXTS.

SESSION OVERVIEW

THIS SESSION COVERS PRACTICAL NUTRITION STRATEGIES TO SUPPORT FEMALE RUNNERS IN TRAINING, PERFORMANCE, AND RECOVERY.

TOPICS INCLUDE EVERYDAY NUTRITION, EFFECTIVE TRAINING AND RACE-DAY FUELLING STRATEGIES, GUT TOLERANCE, AND ADAPTING NUTRITION TO THE MENSTRUAL CYCLE.

THE SESSION WILL ALSO COVER HYDRATION, RECOVERY NUTRITION, THE ROLE OF SUPPLEMENTS, AND KEY CONSIDERATIONS FOR OPTIMISING ENERGY AVAILABILITY AND LONG-TERM HEALTH.

DR RACHEL CHURM

MENOPAUSE AND RUNNING



DR RACHEL CHURM IS A SENIOR LECTURER IN SPORTS & EXERCISE SCIENCES AT SWANSEA UNIVERSITY, THEIR RESEARCH AREA OVER RECENT YEARS, HAS FOCUSED ON LIFESTYLE CHANGES AND MENOPAUSE. THE SESSION WILL FOCUS ON SOME OF THE KEY CHANGES THAT WOMEN CAN EXPERIENCE AS THEY GO THROUGH THE MENOPAUSE AND HOW THIS COULD IMPACT THEIR HEALTH. IMPORTANTLY, WE WILL ALSO DISCUSS THE EVIDENCE TO SUPPORT THE USE OF PHYSICAL ACTIVITY AND/OR RUNNING WITHIN WOMEN GOING THROUGH OR POST-MENOPAUSE. HOPEFULLY, PROVIDING SOME HINTS AND TIPS ALONG THE WAY!

SESSION OVERVIEW

MENOPAUSE, MOVING & ME: A SHORT SESSION BASED ON THE MENOPAUSE TRANSITION,

TO ALLOW US TO BETTER UNDERSTAND THE CHANGES THAT CAN OCCUR IN OUR BODY AND HOW TO INTEGRATE THAT INTO OUR TRAINING.

SPECIFICALLY, WE WILL AIM TO LOOK AT THE PHYSIOLOGICAL CHANGES THAT HAPPEN IN THE MENOPAUSE AND THE IMPACT THAT MAY HAVE ON OUR HEALTH.

DAVE ROWE

RECOVERY AND MASSAGE. WHY DO IT?



DAVE HAS ENJOYED A VARIED JOURNEY IN PROVIDING SPORTS MASSAGE THERAPY OVER A NUMBER OF YEARS. INITIALLY WORKING WITH THE GENERAL PUBLIC, AMATEUR & SEMI-PROFESSIONAL ATHLETES; THEN GRADUATING TO HOLD KEY POSITIONS WITH SPORT WALES' HIGH PERFORMANCE CENTRE, PROVIDING SUPPORT FOR MANY SPORTS, INCLUDING TRACK & FIELD ATHLETICS. HIS EXPERIENCE WITHIN THE ELITE SPORTS ENVIRONMENT PROVIDED A SPRINGBOARD TO SELECTION FOR TEAM WALES AT THE 2014 AND 2022 COMMONWEALTH GAMES AS LEAD SOFT TISSUE THERAPIST.

SESSION OVERVIEW

DISCOVER PRACTICAL TECHNIQUES TO HELP YOUR BODY RECOVER FASTER, REDUCE MUSCLE SORENESS AND MINIMISE INJURY RISK. THIS WORKSHOP EXPLORES THE BENEFITS OF SPORTS MASSAGE, FOAM ROLLING, AND TRIGGER POINT RELEASE, SHOWING YOU SIMPLE METHODS TO IMPROVE MOBILITY, RELIEVE MUSCLE TENSION AND SUPPORT TRAINING RECOVERY.

YOU'LL LEARN WHEN AND HOW TO USE THESE TECHNIQUES EFFECTIVELY AND SAFELY, WITH GUIDED DEMONSTRATIONS YOU CAN PRACTISE YOURSELF. PERFECT FOR RUNNERS, ATHLETES AND ACTIVE INDIVIDUALS LOOKING TO IMPROVE THEIR RECOVERY AND PERFORMANCE".

GUEST SPEAKERS



REBECCA HUDSON

MENSTRUAL CYCLES AND RUNNING



BECKY IS A SENIOR LECTURER AND RESEARCHER AT CARDIFF METROPOLITAN UNIVERSITY. SHE LECTURES ON UG AND PG DEGREES IN SPORTS REHABILITATION, WITH A STRONG RESEARCH FOCUS ON FEMALE ATHLETES. SHE IS CURRENTLY RESEARCHING AS PART OF HER PHD, THE IMPACT OF MENSTRUAL HEALTH ON RUNNING RELATED INJURIES IN FEMALE RUNNERS.

SESSION OVERVIEW

YOUR MENSTRUAL CYCLE IS MORE THAN JUST A MONTHLY OCCURRENCE—IT'S A POWERFUL INDICATOR OF HEALTH AND A KEY FACTOR IN ATHLETIC PERFORMANCE.

THIS SESSION SEEKS TO EMPOWER FEMALES TO PRIORITISE THEIR HEALTH AND ATHLETIC GOALS, BY EDUCATING THEM ON THE MENSTRUAL CYCLE AND OVERALL MENSTRUAL HEALTH, AND THEIR IMPACT ON ATHLETIC PERFORMANCE AND RUNNING RELATED INJURY RISK.

THE SESSION WILL DISCUSS PRACTICAL STRATEGIES FOR WORKING WITH YOUR CYCLE AND THE IMPORTANCE OF PRIORITISING MENSTRUAL HEALTH TO OPTIMISE YOUR RUNNING PERFORMANCE. IN PARTICULAR, THE PRESENTERS WILL TALK ABOUT REDS (RELATIVE ENERGY DEFICIENCY IN SPORT). WHETHER YOU'RE AN ELITE ATHLETE OR A RECREATIONAL RUNNER, THIS SESSION WILL EMPOWER YOU WITH KNOWLEDGE TO TRAIN SMARTER, STAY INJURY-FREE, AND FEEL YOUR BEST ON EVERY RUN.

CARA LOVETT

THE IMPORTANCE OF S&C FOR THE FEMALE RUNNER



I'M CARA, I CURRENTLY HEAD UP THE STRENGTH PROGRAM AT ARTH STRENGTH, COACHING GROUP CLASSES AND 1:1 SESSIONS.

I HAVE OVER 13 YEARS OF EXPERIENCE HELPING EVERYDAY PEOPLE GET STRONGER AND MORE CONFIDENT THROUGH FUNCTIONAL STRENGTH AND CONDITIONING. I HAVE SUPPORTED CLIENTS IN ACHIEVING MILESTONES RANGING FROM FIRST-EVER RUNS TO COMPLETING HALF MARATHONS, ULTRA MARATHONS, TRIATHLONS AND HYROX EVENTS.

MY COACHING STYLE IS FUN AND FRIENDLY, I WANT TO HELP PEOPLE ACHIEVE THEIR GOALS WHILST ENJOYING SEEING WHAT THEIR BODIES ARE CAPABLE OF.

SESSION OVERVIEW

CARA WILL BE DELIVERING A PRACTICAL AND ENGAGING SESSION INTRODUCING THE FUNDAMENTALS OF STRENGTH AND CONDITIONING FOR THE FEMALE RUNNER. THIS SESSION WILL FOCUS ON WHY STRENGTH TRAINING MATTER FOR PERFORMANCE, INJURY PREVENTION, AND LONG-TERM PROGRESS. ATTENDEES WILL LEARN SIMPLE EXERCISES AND STRATEGIES THAT CAN BE EASILY ADDED TO THEIR RUNNING ROUTINE, WHATEVER THEIR EXPERIENCE LEVEL.

GUEST SPEAKERS



ALEX JONES

INTODUCING BUGGY RUNNING



ALEX RUNS PONTYPOOL FREE WHEELERS, A BUGGY RUNNING GROUP FOR PARENTS. PONTYPOOL FREE WHEELERS REMOVES ONE OF THE BIGGEST BARRIERS TO EXERCISE FOR NEW PARENTS, CHILDCARE.

BY OFFERING SESSIONS WHERE PARENTS CAN HIRE (FOR FREE) RUNNING BUGGY'S AND TAKE PART IN A FUN, NON JUDGMENTAL ENVIRONMENT, ALEX IS OFFERING PARENTS TIME TO FOCUS ON THEIR HEALTH AND WELLBEING.

ALEX WILL BE TALKING ABOUT HOW SHE SET UP THE GROUP AND HER TOP TIPS FOR OTHERS WHO WISH TO DO THE SAME!

HANNAH BAULCH

OWN THE NIGHT IMPACT



HANNAH HAS WORKED AT WELSH ATHLETICS FOR THE LAST 8+ YEARS AND IS NOW THE HEAD OF PARTICIPATION. SHE HAS A KEEN INTEREST IN FEMALE RUNNING, AND HAS LED ON THE OWN THE NIGHT CAMPAIGN AND THE WOMEN'S RUNNING CONFERENCE SINCE THEIR INCEPTION IN 2025. WHEN SHE'S NOT ADVOCATING FOR RUNNING IN WALES, SHE ATTEMPTS TO RUN REGULARLY HERSELF AND COACHES AT HER JUNIOR ATHLETICS CLUB IN PENARTH.

PRACTICAL SESSIONS



IMOGEN WILLIAMS

PILATES PRACTICAL SESSION



THE SESSIONS ARE LED BY A PELVIC HEALTH PHYSIOTHERAPIST WITH OVER 10 YEARS OF PILATES TEACHING EXPERIENCE, A BACKGROUND AS A HIGH-LEVEL ATHLETE, AND CURRENT WORK WITH ELITE TEAMS INCLUDING THE WELSH WOMEN'S RUGBY TEAM AND GLAMORGAN CRICKET. YOU'LL COME AWAY WITH SIMPLE, EFFECTIVE EXERCISES YOU CAN EASILY FIT INTO YOUR ROUTINE, A REALLY VALUABLE (AND OFTEN OVERLOOKED) WAY TO SUPPORT YOUR RUNNING, REDUCE INJURY RISK, AND RUN STRONGER.

SESSION OVERVIEW: THESE PILATES SESSIONS ARE DESIGNED SPECIFICALLY FOR RUNNERS AND FOCUS ON THE AREAS THAT REALLY MAKE A DIFFERENCE TO HOW YOU RUN. WE'LL WORK ON BALANCE, SINGLE LEG CONTROL, AND BUILDING STRENGTH THROUGH YOUR GLUTES AND CORE, ALL KEY FOR IMPROVING STABILITY AND CONTROL WHEN YOU'RE RUNNING.

CARA LOVETT

S&C PRACTICAL SESSION



THIS SESSION IS LED BY CARA, WHO CURRENTLY HEADS UP THE STRENGTH PROGRAM AT ARTH STRENGTH, COACHING GROUP CLASSES AND 1:1 SESSIONS. SHE HAS OVER 13 YEARS OF EXPERIENCE HELPING EVERYDAY PEOPLE GET STRONGER AND MORE CONFIDENT THROUGH FUNCTIONAL STRENGTH AND CONDITIONING. SHE HAS SUPPORTED CLIENTS IN ACHIEVING MILESTONES RANGING FROM FIRST-EVER RUNS TO COMPLETING HALF MARATHONS, ULTRA MARATHONS, TRIATHLONS AND HYROX EVENTS.

SESSION OVERVIEW: THIS S&C SESSION WILL FOCUS ON A BODYWEIGHT-ONLY WORKOUT, DESIGNED TO BE ACCESSIBLE AND EFFECTIVE FOR ALL PARTICIPANTS. IT WILL BEGIN WITH A GUIDED WARM-UP, FOLLOWED BY A COMBINATION OF STRENGTH, PLYOMETRIC, AND CORE EXERCISES, CREATING A WELL-ROUNDED ROUTINE THAT CAN EASILY BE REPEATED AT HOME. THERE WILL ALSO BE TIME AT THE END FOR ANY QUESTIONS ON STRENGTH TRAINING AND RELATED TOPICS.

Time/Location	Lecture Room - A15	Classroom - A29	Boardroom - E Floor	Exhibition Space - C36
9.00-10.00	Exhibition Open, Arrival & Refreshments - C36			Stalls
10.00 - 10.15	Welcome with Lowri Morgan			
10.15 - 11.00	Tanni Grey-Thompson			
11.00 - 11.10	Own The Night Impact Hannah Baulch			
11.10 - 11.45	Guest Panel / Q & A Tanni Grey-Thompson, Clara Evans, Samantha Munkley, Melanie Stephenson-Gray, Tash Wilson,			
11.45 - 12.00	Break			
12.00 - 12.45	Menstrual Cycles & Running Rebecca Hudson	Menopause & Running Dr Rachel Churm	Pilates for Runners Practical Session Imogen Williams session 1: 12:00 - 12:20 session 2: 12:25 - 12:45	
12.45 - 13.30	Lunch - C36			
13.30 - 14.15	Pelvic Health Imogen Williams	Recovery & Massage - Why do it? Dave Rowe		
14.15 - 15.00	Nutrition Robyn Aitkenhead	14:15 - 14:35 Introducing Buggy Running Alex Jones	S&C for Runners Practical Session Cara Lovett session 1: 14:15 - 14:35 session 2: 14:40 - 15:00	
15.05 - 15.20	Closing Remarks Lowri Morgan			

starting blocs cychwyn

POWERED BY



WELSH ATHLETICS
ATHLETAU CYMRU

the fun introduction to athletics
for children aged 4 - 9



fun



jump

Find your nearest Starting Blocs session at...
www.startingblocs.co.uk

throw



www.thedailymile.co.uk

ATHLETIX CYMRU



WELSH ATHLETICS
ATHLETAU CYMRU



The fun introduction to run, jump, throw

Find out how you can help to
welcome the next generation
of children to our sport
athletix.cymru



R4W

**World class events with
a positive social agenda**

www.run4wales.org



EXHIBITORS

PEBE SPORTS BRAS



PEBE DESIGN AND CREATE INNOVATIVE SPORTS BRAS WHICH HAVE BEEN TESTED AND RANK #1 ON THE MARKET FOR MOVEMENT CONTROL AND PERFORMANCE. PEBE SPECIALISE IN DELIVERING PERFORMANCE-LED SESSIONS AND IN-PERSON FITTINGS, FOCUSING ON THE IMPACT OF BREAST BIOMECHANICS OF ATHLETES OF ALL DIFFERENT WALKS OF LIFE. PEBE WILL BE OFFERING FREE BRA FITTINGS DURING THE BREAK, AT LUNCH AND FROM 2.30-3PM AT THE CONFERENCE - MAKE SURE YOU BOOK IN ON THE DAY! PEBE WILL ALSO HAVE A BRA RECYCLING POINT AVAILABLE, PLEASE BRING IN ANY BRA'S (NOT JUST SPORTS BRAS) THAT YOU NO LONGER WEAR/WANT AND THEY WILL RECYCLE THEM.

JOOV SPORTS PRODUCTS



JOOV SPORTS PRODUCTS IS A WELSH-BORN PERFORMANCE AND RECOVERY BRAND DEDICATED TO HELPING ATHLETES FEEL THEIR BEST AND PERFORM AT THEIR PEAK. BUILT ON REAL-WORLD EXPERIENCE AND A PASSION FOR SPORT, JOOV OFFERS A RANGE OF PREMIUM PRODUCTS. FROM HYDRATION TABLETS AND MUSCLE CARE BALMS TO TAPING SOLUTIONS AND PERFORMANCE NASAL STRIPS - DESIGNED TO SUPPORT WARM-UP, COMPETITION AND RECOVERY FOR RUNNERS AND ATHLETES OF ALL LEVELS.

ALL JOOV PRODUCTS ARE DEVELOPED WITH PERFORMANCE, QUALITY AND PRACTICAL USE IN MIND, MAKING THEM A TRUSTED CHOICE ACROSS ENDURANCE, TRAINING AND RACE DAY ROUTINES.

BLISKRAFTSCRUNCHIES



BLISSKRAFT ARE A BATH BASED MOTHER-DAUGHTER BRAND CREATING HANDMADE SCRUNCHIES WITH PURPOSE.

THEIR BESTSELLING REFLECTIVE RUNNING SCRUNCHIES ARE DESIGNED TO HELP WOMEN STAY VISIBLE AND FEEL SAFER DURING EARLY MORNING AND EVENING RUNS. PROVIDING YOU WITH THE ULTIMATE ALL YEAR-ROUND SAFETY ACCESSORY THAT BLENDS FUNCTION WITH STYLE. EACH PIECE IS HANDMADE IN BATH, USING RECYCLED AND REPURPOSED FABRICS, COMBINING SUSTAINABILITY WITH THOUGHTFUL DESIGN.

BLISSKRAFT ARE PROUD TO SUPPORT WOMEN WHO MOVE, TRAIN, RUN AND LIVE LIFE ON THEIR OWN TERMS.

EXHIBITORS

RUN GIRLRUN CLUB



THE RUN GIRL RUN CLUB IS A WOMEN'S RUNNING COMMUNITY AND LIFESTYLE BRAND BUILT AROUND MOVEMENT, CONNECTION AND EXCEPTIONAL COFFEE.

CREATED FOR WOMEN FITTING TRAINING INTO BUSY WEEKS, THE CLUB HOSTS COMMUNITY RUNS AND CURATED WELLNESS GATHERINGS THAT CREATE SPACE TO MEET, MOVE AND RESET.

FROM EARLY STARTS TO LONG WORKDAYS, THEIR SPECIALITY-GRADE COFFEE BLENDS ARE ROASTED TO KEEP UP WITH REAL SCHEDULES.

THE RUN GIRL RUN CLUB WILL BE AT THE WOMEN'S RUNNING CONFERENCE RETAILING THEIR SIGNATURE BLENDS- FOR WHATEVER'S NEXT ON YOUR TRAINING PLAN.

PERIOD DIGNITY



PERIOD PROUD WALES IS THE WELSH GOVERNMENT ACTION PLAN TO ERADICATE PERIOD POVERTY ACROSS WALES. MEMBERS OF THE NEWPORT TEAM WILL BE ON HAND TO CHAT TO PEOPLE ABOUT THE PLAN AND HOW WE CAN WORK TOGETHER TO SUPPORT A PERIOD PROUD WALES. ALONGSIDE THIS, REPRESENTATIVES FROM TIME OF THE MONTH AND THE PUBLIC HEALTH WELLBEING TEAM WILL ALSO BE PRESENT.

BEARHUG

BAMBOO JOINT SUPPORTS & MUSCLE SLEEVES

Created using our unique bamboo yarn. Produced from a renewable resource, providing you with unrivalled comfort & superior warmth, helping increase blood flow, pain relief, support and recovery.

KNEE

ANKLE

CALF

LUMBEAR

ELBOW

THIGH

WRIST

Unrivalled Comfort
Provided by the breathable mesh fibres of our unique bamboo yarn.

Superior Warmth
The natural bamboo yarn properties help draw blood flow through the joint.

Renewable Resource
Bamboo is one of the world's fastest naturally growing resources.

BEARHUG IS A SOUTH WALES-BASED SPORTS COMPRESSION BRAND ON A MISSION TO HELP EVERYONE MOVE BETTER, RECOVER FASTER, AND STAY INJURY-FREE - WHETHER THAT'S A WEEKEND RUNNER, A GYM-GOER, OR AN ELITE ATHLETE PUSHING FOR A PERSONAL BEST. SPECIALISING IN BAMBOO COMPRESSION SUPPORTS AND SLEEVES, BEARHUG'S PRODUCTS ARE CERTIFIED CLASS 1 MEDICAL DEVICES - TRUSTED BY EVERYDAY PEOPLE AND HIGH-PERFORMANCE ATHLETES ALIKE ACROSS THE UK.

WHAT SETS BEARHUG APART IS ITS UNIQUE BAMBOO FABRIC TECHNOLOGY: NATURALLY ANTIBACTERIAL, MOISTURE-WICKING, AND BREATHABLE, DELIVERING MEDICAL-GRADE COMPRESSION WITHOUT SACRIFICING COMFORT. THE FULL RANGE COVERS EVERY MAJOR JOINT AND MUSCLE GROUP, FROM KNEES AND CALVES TO ELBOWS AND WRISTS, MAKING BEARHUG A COMPLETE SOLUTION FOR INJURY PREVENTION, REHABILITATION, AND PERFORMANCE SUPPORT.

EXHIBITORS

POLLY LORD - RUNVINE



I'M POLLY, RUNNING COACH AND S&C TRAINER AND FOUNDER OF RUNVIVE COACHING. I WORK WITH ALL KINDS OF RUNNERS, FROM THOSE CHASING FAST 5 KMS RIGHT THROUGH TO RUNNERS TACKLING ULTRAS FOR THEIR FIRST TIME.

AS AN ULTRA RUNNER MYSELF, I KNOW HOW TRICKY IT CAN BE TO NAVIGATE TRAINING AROUND OTHER COMMITMENTS, I.E. LIFE. WHICH IS WHY I PARTNERED WITH INTO ULTRA, THE NATIONAL CHARITY WHICH SUPPORTS PEOPLE TO OVERCOME BARRIERS TO PARTICIPATION AND INCREASE REPRESENTATION AT ULTRA RACES. WE'RE CURRENTLY RUNNING OUR SECOND PROGRAMME - STRONGER TOGETHER - WHICH PROVIDES A SUPPORT NETWORK AND TRAINING ADVICE TO MAKE THE WHOLE THING A LITTLE LESS DAUNTING.

WE'LL BE RUNNING THE SCHEME AGAIN THIS AUTUMN - COME FIND ME AND HAVE A CHAT IF YOU'RE A LITTLE ULTRA-CURIOUS!

KATY EVANS - STRATEGIC SPORT SOLUTIONS



KATY, THE FOUNDER OF STRATEGIC SPORT SOLUTIONS, BELIEVES IN THE POWER OF SPORT AND PHYSICAL ACTIVITY TO BRING PEOPLE TOGETHER AND STRENGTHEN COMMUNITIES. THROUGH HER WORK ACROSS THE SPORTING LANDSCAPE, SHE BUILDS MEANINGFUL PARTNERSHIPS AND IS DRIVEN BY CREATING INCLUSIVE SPACES WHERE EVERYONE FEELS ABLE TO TAKE PART AND BELONG.

KATY IS LEADING OUR RESEARCH TO BETTER UNDERSTAND THE NEEDS OF THE RUNNING COMMUNITY AND SHAPE FUTURE SUPPORT FOR RUNNING IN WALES. THE WALES ADULT RUNNING SURVEY GATHERED INSIGHTS FROM AN OVERWHELMING 1,000 RUNNERS, HELPING INFORM OUR UNDERSTANDING OF THE NEEDS OF THE RUNNING COMMUNITY. HAVE A CHAT WITH KATY TO SHARE YOUR VIEWS AND HELP COMPLETE THE FINAL STAGE OF CONSULTATION.

SARAH BARRY - SPORTS WALES GRANTS TEAM



COLLEAGUES FROM SPORT WALES' GRANT TEAM WILL BE ON HAND TO CHAT TO YOU ABOUT FUNDING OPPORTUNITIES FOR YOUR CLUBS AND GROUPS, IN PARTICULAR THE BE ACTIVE WALES FUND, WHICH HAS JUST REOPENED FOR APPLICATIONS FOR THE FIRST ROUND OF THE YEAR.

EXHIBITORS

5K YOUR WAY



5K YOUR WAY IS A SUPPORTIVE COMMUNITY THAT EMPOWERS PEOPLE IMPACTED BY CANCER TO LIVE AN ACTIVE LIFE. THERE IS A MONTHLY MEET UP AT DESIGNATED PARKRUNS, WHERE ANYONE AFFECTED BY CANCER IS ENCOURAGED TO WALK, RUN, CHEER OR VOLUNTEER SUPPORTED BY AMBASSADORS.

WELSH ATHLETICS INJURY CLINIC



WELSH ATHLETICS OFFERS SPECIALIST PHYSIOTHERAPY AND SOFT TISSUE THERAPY SERVICES FOR SPORTS AND MUSCULOSKELETAL INJURIES. WELSH ATHLETICS' GOAL IS TO PROVIDE THE SAME HIGH-LEVEL PHYSIOTHERAPY AND SOFT TISSUE THERAPY SERVICES OUR ATHLETES RECEIVE TO THE WIDER RUNNING AND ATHLETICS COMMUNITY. STAFF WILL BE ON HAND TO CHAT TO YOU ABOUT SERVICES OFFERED.

RUN WALES



RUN WALES IS THE SOCIAL RUNNING AND HEALTH AND WELLBEING 'ARM' OF WELSH ATHLETICS. RUN WALES SUPPORTS RUNNING GROUPS AND ADVOCATES FOR THE SOCIAL RUNNING COMMUNITY WORKING WITH NATIONAL PARTNERS. IF YOU'RE LOOKING TO FIND A GROUP TO RUN WITH, OR ARE INTERESTED IN SETTING UP YOUR OWN GROUP RUN WALES CAN OFFER FURTHER INFORMATION AND GUIDANCE.

EXHIBITORS

SHORT STRIDE RUN CLUB



“SHORT STRIDES RUN CLUB - A SOCIAL RUN GROUP BASED IN NEWPORT, WINNERS OF THE 2025 RUN WALES GROUP OF THE YEAR AWARD, WILL BE EXHIBITING AT THE WOMEN'S RUNNING CONFERENCE.

CO-FOUNDER HARRIET AND MEMBER EMILY WILL BE THERE ON THE DAY TO DISCUSS WHAT THE CLUB IS ALL ABOUT. SSRC EMPHASISES THE IMPORTANCE OF ENJOYING THE RUN, GIVING A PARTY-LIKE ENVIRONMENT TO ALL RUNNERS WHO JOIN THEM. INSPIRED BY BIG CITY ENERGY, SHORT STRIDES ARE STRIVING TO PUT NEWPORT ON THE MAP.”

SHE RUNS CARDIFF



SHE RUNS: CARDIFF ARE A LADIES RUNNING GROUP ESTABLISHED IN 2019. WE ARE A SUPPORTIVE, INCLUSIVE COMMUNITY RUN BY VOLUNTEERS. WE PROVIDE BETWEEN 4 AND 6 RUNS PER WEEK IN AND AROUND CARDIFF INCLUDING SOCIAL RUNS, TRAIL RUNS, HILLS AND SPEED SESSIONS RUN BY OUR EXPERIENCED, QUALIFIED LEADERS IN RUNNING FITNESS AND COACHES IN RUNNING FITNESS. OUR RUNS ARE SUPPORTED BY OUR BRILLIANT BUDDIES.

IN THE LAST 3 YEARS, WE HAVE SUPPORTED OVER 100 WOMEN TO BEGIN, OR RETURN TO, RUNNING WITH OUR BESPOKE WALK2RUN PROGRAMMES. MANY OF THESE WOMEN NOW RUN WITH US ON A REGULAR BASIS AND SEVERAL HAVE EVEN BECOME RUN BUDDIES THEMSELVES.

NEWPORT FEMALE RUNNERS NETWORK



NEWPORT FEMALE RUNNER'S NETWORK ARE A LOCAL FEMALE INCLUSIVE RUNNING GROUP WHO WELCOME WOMEN TO JOIN THEIR WEEKLY SESSIONS. MEMBERS FROM THE RUNNING SOCIAL WILL BE AROUND TO CHAT ABOUT THEIR GROUP AND HOW TO GET INVOLVED WITH THEIR SOCIAL RUNS, COME AND CHAT TO THEM ABOUT WHAT THEY'RE UP TOO!

OUR THANKS

**WOMEN'S
RUNNING
CONFERENCE**

OUR HEART FELT THANKS GOES OUT TO ALL OUR GUESTS AND SPEAKERS FOR THEIR ENTHUSIASM, KNOWLEDGE AND INSPIRATION. WITHOUT YOU WE WOULDN'T HAVE A CONFERENCE!

BIG THANKS TO THE TEAM AT WELSH ATHLETICS FOR ORGANISING THE DAY AND TO THE UNIVERSITY OF SOUTH WALES FOR HOSTING THE VENUE.

AND FINALLY, A BIG THANK YOU TO OUR SUPPORTERS RUN 4 WALES CHARITABLE FOUNDATION.

