



# WOMEN'S RUNNING CONFERENCE



**LET'S CELEBRATE WOMEN'S RUNNING!**

**- SATUDAY 12 APRIL 2025 -**

**- USW, NEWPORT CAMPUS, NP20 2BP -**

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# EVENT INFORMATION



SATURDAY 12 APRIL 2025  
10:00AM-15:00PM



UNIVERSITY OF SOUTH WALES,  
NEWPORT CAMPUS  
USK WAY,  
NEWPORT  
NP20 2BP



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.

FOR FURTHER HELP ON FINDING THE EVENT  
FOLLOW THE WHAT3WORDS:

- TRAIN STATION ///WICKED.BLAKE.MIMIC
- CAR PARK ///WORDS.CHANGE.MANUAL
- MAIN BUILDING ///EXTEND.LOUD.TRIBAL



## 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.



## MORNING PANEL



### DAME DENISE LEWIS



DAME DENISE LEWIS IS A FORMER GB OLYMPIC CHAMPION IN THE HEPTATHLON AND IS PRESIDENT OF UKA. SINCE RETIRING FROM ATHLETICS, DENISE ESTABLISHED A SUCCESSFUL CAREER IN BROADCASTING AND PRESENTING AND WAS A KEY PART OF THE BBC'S ATHLETICS COVERAGE FROM 2009, COVERING MAJOR ATHLETICS EVENTS ACROSS THE WORLD.

DAME DENISE LEWIS DBE IS AN ACCOMPLISHED BROADCASTER, FORMER ATHLETE AND PRESIDENT OF UK ATHLETICS.

SINCE HER RETIREMENT FROM ATHLETICS, DENISE HAS UNDERTAKEN AN ARRAY OF TELEVISION WORK INCLUDING COMMENTATING ON HIGH PROFILE ATHLETICS EVENTS AND FRONTING SHOWS SUCH AS BBC'S SECRET BRITAIN AND RIGHT ON THE MONEY.

SHE HAS BEEN AN ACTIVEWEAR AND GOLF BRAND AMBASSADOR FOR NEXT SINCE 2021, AND HAS WORKED WITH MULTIPLE OTHER BRANDS INCLUDING L'ORÉAL, SWEATY BETTY, SYMPROVE, GOOGLE, SHARK NINJA, HAVEN AND PURPLE BRICKS.

ADDITIONALLY, DENISE HAS TAKEN ON THE ROLE OF AMBASSADOR AND PATRON FOR SEVERAL INITIATIVES, EVENTS AND CHARITIES, NOTABLY WORKING CLOSELY WITH VISA, BRITISH GAS, BREAST CANCER CARE AND SPARKS.

IN MARCH 2025, HER SELF-DEVELOPMENT BOOK 'ADAPTABILITY' PUBLISHED.

## MORNING PANEL



### CHARLOTTE DOBBS (NEE ARTER)



CHARLOTTE IS A PROFESSIONAL WELSH ATHLETE WHO HAS REPRESENTED GREAT BRITAIN ON THE ROAD, CROSS COUNTRY AND TRACK. SHE IS THE WELSH 10K RECORD HOLDER IN A TIME OF 31.26 MINUTES, A FORMER PARKRUN WORLD RECORD HOLDER WITH 15.49 MINUTES AND IS NOW RETURNING TO RUNNING AFTER RECENTLY HAVING HER FIRST CHILD. CHARLOTTE'S FIRST MEMORY OF RUNNING IS AT PRIMARY SCHOOL CROSS COUNTRY RACES, AT 11 YEARS OLD SHE JOINED HER LOCAL ATHLETICS CLUB AND WAS ENCOURAGED BY HER FRIENDS, PARENTS AND PE TEACHER. CHARLOTTE IS A FIRM BELIEVER IN TRYING LOTS OF DIFFERENT SPORTS AT A YOUNG AGE TO MAKE SURE THAT BEING ACTIVE BECOMES HABITUAL AND PART OF YOUR LIFE!

### LIZZIE DIMOND



LIZZIE IS A MUM OF FOUR YOUNG CHILDREN AND FIRST STARTED RUNNING IN 2017 IN A BID TO FEEL HEALTHIER AND FITTER. FOLLOWING JOINING THE LLISWERRY RUNNING CLUB SHE RAN HER FIRST MARATHON IN 2019 PLACING 3RD FEMALE AND QUALIFYING FOR THE LONDON MARATHON CHAMPIONSHIP START.

SINCE THEN SHE BECAME AN ASICS FRONTRUNNER AND TRAVELLED TO MÁLAGA FOR THE METASPEED TIME TRIALS,

REPRESENTED TEAM UK IN THE WORLD'S LARGEST HALF MARATHON GÖTEBORGSVARVET, SWEDEN, AND HAS PARTICIPATED IN THE ASICS FESTIVAL OF RUNNING NIGHT 5K IN PARIS AS PART OF THE LAUNCH FOR PARIS MARATHON . IN 2022 LIZZIE ALSO REPRESENTED EAST WALES AND PLACED 1ST WELSH MASTER IN THE WALES HALF MARATHON.

SHE MOST RECENTLY WON THE NEWPORT MARATHON IN 2023 AND THE NEWPORT HALF MARATHON IN 2024. AND WILL BE TRAVELLING TO BERLIN LATER THIS YEAR TO PARTICIPATE IN THE MARATHON .



## MORNING PANEL



### KATIE KENWARD-GIBBS



KATIE, CO-FOUNDER OF THE RUNNING SOCIAL, STARTED RUNNING IN 2019 TO SUPPORT HER MENTAL HEALTH FOLLOWING THE LOSS OF HER DAD. WHAT BEGAN AS A PERSONAL OUTLET SOON TURNED INTO A PASSION, LEADING HER TO CHASE THE WORLD-RENOWNED MARATHON MAJORS—COMPLETING FOUR SO FAR!

DURING TRAINING FOR THESE RACES ALONGSIDE SADIE, FELLOW CO-FOUNDER OF TRS, THE IDEA FOR THE RUNNING SOCIAL WAS BORN. THEIR MISSION WAS SIMPLE: TO BRING PEOPLE TOGETHER THROUGH RUNNING, MAKING IT FUN, INCLUSIVE, AND ACCESSIBLE TO ALL—A VISION THAT NOW THRIVES THROUGH OUR GROWING COMMUNITY.

## AFTERNOON PANEL

### SUZANNE TAYLOR



SUZANNE IS A SELF-PROCLAIMED 'BACK OF THE PACK' RUNNER WITH A BIG LOVE FOR HER RUNNING FAMILY AND THE WIDER RUNNING COMMUNITY. SHE LIKES TO SHOW THAT COMING LAST IN RACES DOESN'T MEAN YOU CAN'T ENJOY EVERY MINUTE OF IT! HER PASSION AND LOVE FOR THE RUNNING COMMUNITY IS WHAT INSPIRED HER TO LAUNCH THE SAFER RUNNING INITIATIVE. SUZANNE IS IMMENSELY PROUD OF THE INITIATIVE AND HOW WELL IT'S BEEN RECEIVED BY THE LADIES, CLUBS AND GROUPS ACROSS GWENT.

## AFTERNOON PANEL



### LUCIE BEBBINGTON-LEWIS



LUCIE BEBBINGTON-LEWIS TOOK UP DISTANCE RUNNING IN 2017 AFTER SEEKING A NEW WAY OF KEEPING FIT AND HEALTHY AFTER HAVING A FAMILY. AFTER ACCOMPLISHING 10K, THEN A HALF MARATHON AND FINALLY A FULL MARATHON IN HER FIRST YEAR OF RUNNING, SOMETHING WAS STILL MISSING - LIKE-MINDED RUNNING FRIENDS! AND SO THE IDEA FOR NEWPORT FEMALE RUNNER'S NETWORK WAS BORN IN 2019. LUCIE IS INCREDIBLY PROUD OF THE GROUP NFRN HAS BECOME AND THE RUNNING COMMUNITY IT HAS CREATED FOR WOMEN ACROSS NEWPORT. ASIDE FROM NFRN, LUCIE'S PROUDEST RUNNING MOMENT IS COMPLETING THE 4-4-48 CHALLENGE IN AID OF A WONDERFUL CHARITY. THE CHALLENGE PUT HER ON THE INJURY BENCH FOR A YEAR BUT WAS STILL WORTH IT!

### LAUREN GREEN



LAUREN IS A SINGLE MUM OF 3 AND OWNER OF EMPOWERED WOMEN ONLINE FITNESS COMMUNITY. IN 2022 SHE WENT OUT FOR HER FIRST RUN AND STRUGGLED TO RUN 5K WITHOUT STOPPING, BUT INSTEAD OF GIVING UP SHE DECIDED TO KEEP ON WORKING. LAUREN RAN HER FIRST MARATHON, IN NEWPORT 2023, AND QUALIFIED FOR GFA FOR LONDON IN 2024. IN LONDON SHE GOT A BOSTON QUALIFYING TIME AND WILL BE RUNNING THE BOSTON MARATHON MONDAY 21ST APRIL THIS YEAR.

LAUREN BELIEVE'S WE RISE BY LIFTING OTHERS, AND IS OPEN WITH SHARING HER STRUGGLES AND STRENGTHS AS A SINGLE MUM, RUNNING HER OWN BUSINESS, TRAINING FOR MARATHONS AND DELIVERING ONLINE STRENGTH & CONDITIONING SESSIONS TO HER EMPOWERED COMMUNITY, IN HOPE OF INSPIRING OTHER WOMEN TO DO THE SAME.



# SPEAKERS



## ESTHER GOLDSMITH



ESTHER GOLDSMITH IS A SPORT AND EXERCISE PHYSIOLOGIST WORKING AT SPORT WALES. ONE OF ESTHER'S MAIN AREAS OF WORK IS WORKING WITH FEMALE ATHLETES WITHIN SPORT AND IN RESEARCH. ESTHER WORKS TO ENSURE THAT FEMALES ARE BETTER SUPPORTED, PARTICULARLY AROUND THEIR HORMONAL HEALTH AND MENSTRUAL CYCLES. ESTHER HAS A LOT OF EXPERIENCE WORKING IN ATHLETICS, ALTHOUGH SHE MOSTLY AVOIDS THE TRACK AND STICKS TO TRAILS THESE DAYS!

## REBECCA HUDSON



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.

## LET'S TALK ABOUT PERIODS. . .

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.

## DR RACHEL CHURM



DR CHURM IS A SENIOR LECTURER IN SPORTS & EXERCISE SCIENCES AT SWANSEA UNIVERSITY, WITH RESEARCH OVER RECENT YEARS FOCUSSING ON 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. RACHEL WILL ALSO DISCUSS EVIDENCE TO SUPPORT THE USE OF PHYSICAL ACTIVITY WITHIN WOMEN GOING THROUGH OR POST-MENOPAUSE. HOPEFULLY, PROVIDING SOME HINTS AND TIPS ALONG THE WAY!

### **RUNNING LAPS AROUND THE MENOPAUSE**

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.

## MEGAN JAMES



MEGAN IS A PHD RESEARCHER AT CARDIFF METROPOLITAN UNIVERSITY. HER RESEARCH EXPLORES RETURN TO RUNNING AFTER CHILDBIRTH THROUGH AN INTERDISCIPLINARY, CO-DESIGN APPROACH. MEGAN'S WORK COMBINES AREAS OF BIOMECHANICS, PSYCHOLOGY AND PUBLIC HEALTH.

### **GUIDE TO POST PARTUM RUNNING**

THIS SESSION WILL OVERVIEW COMPONENTS OF A CO-DESIGNED GUIDE FOR RETURN TO RUNNING FOLLOWING CHILDBIRTH. DEVELOPMENT OF A GRADED LOADING PATHWAY SPECIFIC TO THE PELVIS THAT IS INCLUDED IN THE GUIDE WILL BE DISCUSSED REGARDING THE UNDERPINNING EVIDENCE AND ADAPTATIONS AS A RESULT OF THE CO-DESIGN PROCESS. THE SESSION WILL CONCLUDE WITH A SUMMARY OF THE KEY ASPECTS OF THE GUIDE AND TAKE-HOME MESSAGES.



## IMOGEN WILLIAMS



IMOGEN WILLIAMS IS A HIGHLY EXPERIENCED PELVIC HEALTH PHYSIOTHERAPIST WITH 17 YEARS OF PHYSIOTHERAPY EXPERIENCE. A FORMER ATHLETE AND MOTHER OF TWO, 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.

### **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.

# SPEAKERS



## ROBYN AITKENHEAD



ROBYN 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.

### TOP NUTRITION TIPS

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.

# TIMETABLE



| Time/Location | Lecture Room A15  | Workshop Room A29                 | Workshop Room A32               | Exhibition Space |
|---------------|---|-----------------------------------|---------------------------------|------------------|
| 10.00-10.30   | Arrival & Refreshments  |                                   |                                 | Stalls           |
| 10.30 - 10.45 | Welcome with Lowri Morgan   |                                   |                                 |                  |
| 10.45 - 11.15 | Dame Denise Lewis DBE   |                                   |                                 |                  |
| 11.15 -11.45  | Guest Panel / Q & A<br>Dame Denise Lewis DBE, Charlotte Dobbs, Lizzie Dimond, Katie Kenward-Gibbs |                                   |                                 |                  |
| 11.45 - 12.00 | Break   |                                   |                                 |                  |
| 12.00 - 12.30 | Understanding the Menstrual Cycle & Running - Esther Goldsmith & Rebecca Hudson                   |                                   |                                 |                  |
|               | Menopause & Running - Dr Rachel Churm   |                                   |                                 |                  |
| 12.30 - 13.30 | Lunch & Optional Workshops<br>Workshops will run 12.30-13.00 & 13.00-13.30 for both topics        |                                   |                                 |                  |
|               |   | Post Partum Running - Megan James | Pelvic Health - Imogen Williams |                  |
| 13.30 - 14.00 | Nutrition for Female Runners - Robyn Aitkenhead   |                                   |                                 |                  |
| 14.00 - 14.30 | Guest Panel / Q & A<br>Suzanne Taylor, Lucie Bebbington-Lewis, Lauren Green                       |                                   |                                 |                  |

**SATURDAY 12 APRIL 2025**



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# 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, FOCUSSED 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.

## NIXI BODY



NIXI BODY OFFERS GAME-CHANGING, LEAK PROOF UNDERWEAR CREATED WITH EXERCISE IN MIND. THE UNIQUE KNICKERS NOT ONLY PROTECT FROM PERIODS AND BLADDER LEAKS, BUT THE PATENTED SCALLOPED EDGE DESIGN MAKES THEM COMPLETELY INVISIBLE UNDER ACTIVEWEAR. 98% OF THEIR CUSTOMERS SAY THEY FEEL MORE CONFIDENT EXERCISING WHEN WEARING NIXIS. NIXI BODY WILL BE RETAILING THEIR ITEMS AND LOOKING FORWARD TO MEETING THE WELSH RUNNING COMMUNITY!

## ACE FEET IN MOTION



ACE WILL BE OFFERING GENERAL FOOTCARE ADVICE, ALONG WITH CARRYING OUT GAIT ANALYSIS ASSESSMENTS USING THEIR 2D GAIT SCANNER. THEIR TEAM WILL ALSO BE AVAILABLE TO DISCUSS THE DIFFERENT BOOKABLE APPOINTMENT OPTIONS, INCLUDING OUR RUN3D ASSESSMENTS— WHICH IS THE GOLD STANDARD IN GAIT AND MUSCULOSKELETAL ANALYSIS.

# EXHIBITORS

## WELSH ATHLETICS SPORTS 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.

## THE RUNNING SOCIAL



THE RUNNING SOCIAL ARE RUN WALES' GROUP OF THE YEAR, FOLLOWING THEIR RAPID GROWTH AND FOCUS ON INCLUSIVITY AND COMMUNITY IT'S EASY TO SEE WHY! 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!

## NEWPORT FEMALE RUNNER'S 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!

# EXHIBITORS



## MIND CYMRU



MIND CYMRU PROVIDE A WIDE RANGE OF SUPPORT AND SERVICES WORKING WITH DIVERSE COMMUNITIES ACROSS WALES TO HELP REACH THOSE IN OUR COMMUNITIES IN NEED OF SUPPORT. THEIR SERVICES INCLUDE WELLBEING AND COUNSELLING SERVICES FOR ADULTS, CHILDREN AND YOUNG PEOPLE'S SERVICES (INCLUDING GROUP AND ONE ON ONE SUPPORT IN AND OUTSIDE OF SCHOOLS), HOUSING, TENANCY AND SUPPORTED LIVING SERVICES, WARM HUBS AND RURAL WORKING/FARMERS' SUPPORT.

## SWANSEA UNIVERSITY



SWANSEA UNIVERSITY WILL BE SHOWCASING ONGOING RESEARCH PROJECTS SUCH AS OMNIPLANT, FROM SPORTS AND EXERCISE DEPARTMENT AT SWANSEA UNIVERSITY. A PLACE WHERE PEOPLE CAN FIND OUT MORE ON EMERGING RESEARCH AND EVEN SIGN UP TO PARTICIPATE IF THEY ARE INTERESTED!

## SPORT WALES



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.

## OUR STREETS NOW



Our Streets Now

OUR STREETS NOW WILL BE ON HAND TO TALK ABOUT THEIR SPORTS CAMPAIGN, THE TRAINING AND CONSULTANCY WE OFFER ORGANISATIONS, CLUBS AND NGB'S AND THEIR NEW RUNNING CAMPAIGN WHICH WILL BE LAUNCHING NEXT WEEK. WE'RE CURRENTLY CONDUCTING A SURVEY INTO WOMEN'S EXPERIENCES OF HARASSMENT WHILE RUNNING IN PUBLIC (WHICH ATTENDEES CAN COMPLETE AT THE STALL), OF WHICH THE RESULTS WILL BE USED TO INFORM OUR FREE WEBINAR FOR RUNNERS AND RUN CLUBS. LAUNCHING NEXT MONTH, THIS WEBINAR WILL EQUIP ATTENDEES TO UNDERSTAND THE NATURE AND IMPACT OF HARASSMENT ON RUNNERS AND ATHLETES, HOW TO SUPPORT MEMBERS AND FELLOW ATHLETES, ENSURING THAT HARASSMENT IS NOT A BARRIER TO THRIVING IN YOUR CLUB OR SPORTING COMMUNITY AND LEARN KEY SKILLS TO NOTICE AND CHALLENGE HARMFUL LANGUAGE AND BEHAVIOUR.

## PERIOD PROUD WALES / TIME OF THE MONTH



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.



# OUR THANKS



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.

