



*LISTEN
ENGAGE
REPRESENT*

**Welsh Athletics and Run Wales
National Conference
Vale Resort, Hensol
Saturday 19th October 2019**

Developing Your Group: Run Wales Group of the Year

Philippa Walsh
Cowbridge Moovers



**Can I
run
with**

Mooooo?



**COWBRIDGE
MOOVERS**

Set up in in October 2018

A free social running community

Based in Cowbridge and we welcome all

Meet three times a week come rain or shine

Light hearted and don't take ourselves too serio

Over 18's running fun





3 Mooving sessions per week

Always meet in the same place (Cowbridge health center
Mon & Wed – Barley Moo Friday mornings)

Updates and posts through monitored facebook group

9 passionate Run leaders

For all levels from Walkers too Runners

Run Leaders support through tail walkers
& tail runners

Our Structure





**COWBRIDGE
MOOVERS**

Mixed sessions each week

Out and Back's

Hill training

Sprints

Skills and drills

Stay true to our values

Chatty

Social

Fun

Inclusive



Warm Up 10
mins



Varied sessions 40
mins



Cool down 10 mins



What else do we do

Force Fitness sessions

Sunday Social fun runs

10k, Half Marathons, Marathons,
Ultras

Coffee and cake at every
opportunity ☺

Added FUN

Chatty

Social

Fun

Inclusive





Park run & away days

1st Birthday party

Cardiff Half

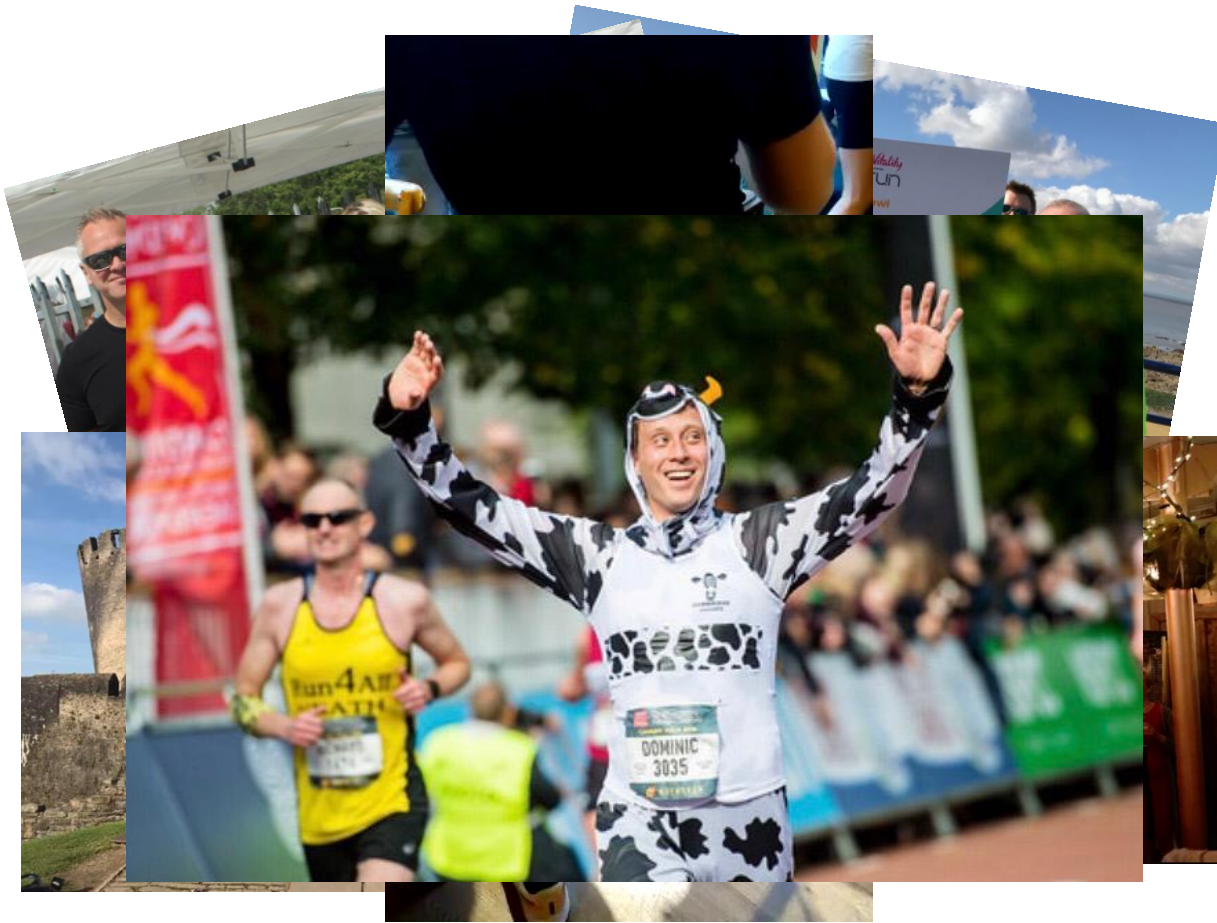
Sunday social runs

Christmas party

Local volunteering

Keep it social

Events and opportunities to run





New batch of run leaders

2020 Club event calendar

Stick to our values

Challenge ourselves – new sessions and keep us moving forward

Continue to grow our herd!

What's next



#keepmooving