



*LISTEN  
ENGAGE  
REPRESENT*

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

*Developing Your Group:  
Penllergaer valley woods  
runners*

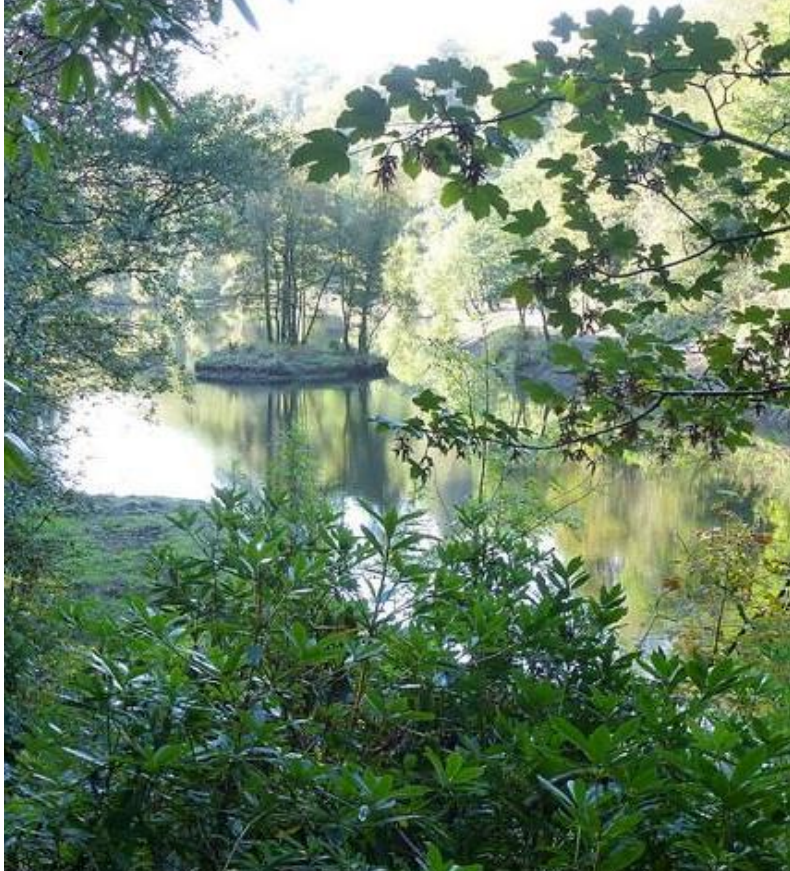
Paul Harris

**3M Gorseinon Road Runners**



Penllergare Valley  
Woods Runners







The image shows a screenshot of a Facebook group page for the "Penllergare Valley Woods Running Group". The group is public and has 787 members. The page features a large green letter 'P' logo with a leaf design and a row of colorful running silhouettes. Below the logo, the text "Penllergare Valley Woods Runners" is displayed. The page includes a navigation menu on the left with options like "About", "Discussion", "Announcements", "Members", "Events", "Videos", "Photos", "Files", "Group insights", "Recommendations", "Moderate group", and "Group quality". The main content area shows a "Write post" section with a "Write something..." prompt and options for "Add photo/video", "Live Video", and "More". There are also buttons for "Photo/Video", "Watch Party", and "Tag friends". On the right, there is an "INVITE MEMBERS" section with a search bar and a "MEMBERS" section showing 787 members and a "Write Post" button.

1st C25K session Aug 14th 2018  
54 people turned up !





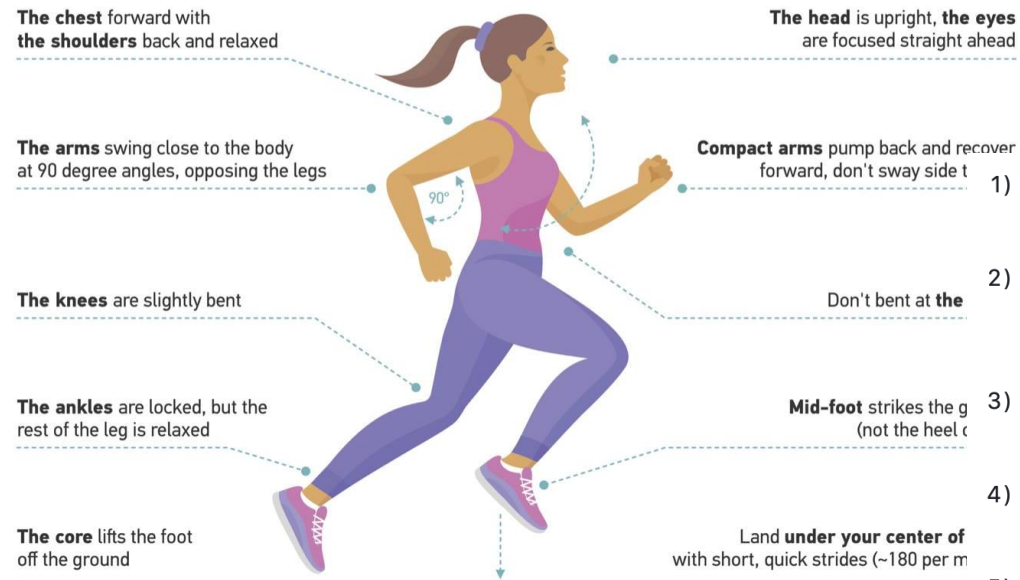


- Currently on 9th C25K programme !
- 148 people have completed a timed 5K run with us
  - More have completed away from us, eg. Park run
- 52 have completed a timed 10K run with us
- Half Marathon
- Marathon
- Ultra Marathon
- Ironman Wales



# HOW TO RUN BETTER

## Side view Infographic



- 1) Run tall, remember the helium balloon ( now I bet all those who didn't come along are wondering what the hell we did !), upright posture, allowing yourself to breathe more easily.
- 2) Use your arms, economy is important, and using them can help you run faster / further or just feel more comfortable when you are running, don't forget pump those arms along the side of your body in a straight line, no crossing of the arms !
- 3) Try and keep your upper body still, engage your core, the more you twist your upper body the more energy you will use, the less economical you become.
- 4) Running uphill, land on the balls of your feet, shorten your stride length, and use your arms. Also, don't look at the top of the hill ! Keep your eyes looking around 10 to 15 feet in front of you.
- 5) Running downhill, land flat footed, again, shorten your stride length, slight lean forwards if you are confident enough, arms out to the sides to help you with your balance.
- 6) Cadence ( strides per minute ), 180 being the sweet spot HOWEVER, don't be a slave to it, I rarely hit that number myself ! If you are way under, then shorten your stride and maintain / increase your pace, typically people can get into the habit of overstriding.
- 7) Feet land under your hips, not out in front of you.
- 8) Hands, don't clench your fists, pretend you are holding a straw and you don't want to crush it. Clenching your fists can you to tense more muscles in your arms and shoulders, which won't help with your running form / economy.







- Free for everyone
- Support groups
- Everyone is welcome, no one is too old, too slow, too unfit ... we enjoy a challenge !
- More experienced runners help the new starters
- Donate any profit from running kit to Penllergaer Trust
- No one gets left behind.





- The next 12 months ...
  - Obtain funding to purchase equipment, stopwatches, and LiRF training for those who wish to do the course
  - Charity run, with proceeds again going to the trust
  - Continue with strength and conditioning sessions
  - More C25K groups if the demand is there ( it appears to be )
  - De-fib unit for the woods
  - Try to focus more on running technique and form.



Whats gone well	What would we do differently
Location	'Advanced group', it's all in the name !
Day / time (Sunday 10am)	Try to group similar paced runners for the main group
Support	More emphasis on coaching (but numbers do prevent this)
Homework groups	Don't take on too much at the same time
Still a load of interest in C25K	High drop out rate ( at least, it feels high )
Word of mouth about the group	

