



Welsh Athletics Clubs & Run Wales #Engage Conference 2022

Saturday 5th March 2022

Dydd Sadwrn, Mawrth 5th

WELSH
ATHLETICS

Timetable / Amserlen:

Time / Amser	Topic / Presenter
9am	<i>Run Leader led Social Run from The Vale resort – meet in the main reception at 9am (changing facilities available)</i>
10:00 – 10:30am	<i>Registration with refreshments</i>
10:30 – 10:40am	Opening Remarks – Hannah Pretty, Interim Head of Development & Participation
10:40 - 11:00am	2022 Update – James Williams, CEO of Welsh Athletics
11:00 – 12:00pm	Session 1 – Supporting Mental Health within your club and groups (1hour) Guest Speaker: Lloyd Ashley (Living Well with Lloyd Ashley) & John Tidbull (Just Run Penybont)
12:00 – 12:15pm	Session 2 – Key Updates
12:15 – 12:30pm	Session 3 – Around the Athletics World & Networking. . . <i>An opportunity to network & catch up with others in the room. Why not wander around our tables to find out more about key topics:</i> <i>Clwb Run Wales, Starting Blocs, The Updated Secretary's Portal, Safeguarding & Welfare, Club Network Officers, Welsh Blood Service, Joma, Sport Wales Funding</i>
12:30 – 13:00pm	<i>Lunch</i>
13:00 – 13:30pm	Session 4 – Safety in Running/our sport – everybody's responsibility. Launch 'Right to Run' Campaign <i>Eva Brewer (Run Wales/Welsh Athletics)</i>
13:30 – 14:30pm	Session 5 – Power Hour, Sharing Best Practice across our sport via our community panel <i>Guest Speakers: She Run's Cardiff, Emma & Steph (Just Run Penybont), Drew (Dragons RC), Chris Jeynes (Bridgend AC), Rhymney Valley AC</i>
14:30 – 14:45pm	<i>Coffee Break</i>
14:45 – 15:30pm	Session 6 – Building and Sustaining positive environments within our clubs and groups – a workshop <i>Guest Speakers: Chris Jeynes (Bridgend AC) & Chris Davies (Lliswerry Runners)</i>
15:30 – 15:45pm	Session 7 – Let's Make it Happen Pledge! Workshop action planning/tips & tricks – What will you take back to your clubs/groups?
15:45 – 16:00pm	<i>Closing remarks</i>

To register for the conference [click here](#)