



OWN
THE
NIGHT

OWN THE NIGHT

2026 ALSO BRINGS

BE THE **LIGHT**

OCTOBER 2026

PLEDGE PACK



CHWARAEON MERCHED
CYMRŪ
WOMEN'S SPORT



Show your support. Stand with us. Own The Night. Be The Light.

Every runner deserves to feel safe, supported, and seen - no matter where or when they run.

Own The Night shines a light on the hidden “mental checklist” many women carry on every night run. For 2026, **Be The Light** becomes the action layer - calling on male allies, clubs, organisations and communities across Wales to help change that reality.

From women reclaiming the space, to everyone changing the space.

This Pledge Pack gives everyone - from running clubs and race organisers to police partners, universities, and local authorities - the tools to show visible support, start conversations, and take action.

By sharing these assets across your own social channels, pledging your support, and amplifying the campaign, you're helping to make Wales a safer place for every runner.

Together, we can make every runner feel safe to own the night.

Click to Learn More [WELSHATHLETICS.ORG](https://welsathletics.org)



BE THE LIGHT

From women reclaiming the space, to everyone changing the space.

2025: Own The Night established the issue and created a recognisable platform for women's running safety.

2026: Be The Light becomes the action layer - male allies, clubs and communities visibly helping to change the conditions.

SMALL CHANGES MAKE A BIG DIFFERENCE:

- Give people space when passing.
- Avoid following closely behind someone at night.
- Think about how your actions may be perceived - you might know you're harmless; the person ahead doesn't.
- Challenge inappropriate comments or behaviour.

[FIND OUT MORE](#)



How To Get Involved

Six ways to be part of Own The Night in 2026



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LAUNCH EVENING

Thursday 1 October 2026

Help us spread the word! Share the campaign assets across your channels to raise awareness and encourage your community to get involved.

Show your commitment and join the conversation using **#OwnTheNight** and **#BeTheLight**.

LEAD THE CHANGE WALES WORKSHOP

A free 2-hour bystander training session that builds the confidence and skills to challenge harassment and step in safely.

In person: Sat 3 Oct, 10:30 - 12:30, Cardiff

Online: Wed 11 Nov, 18:30 - 20:30

Online: Tue 12 Jan, 18:30 - 20:30

[REGISTER HERE](#)

MAKING OUR STREETS SAFER TO RUN ON

Watch our police webinar exploring runner safety, the challenges people can face when running after dark, and practical advice to help us all feel safer and more confident on our streets.

[WATCH THE WEBINAR](#)

TAKE PART IN OWN THE NIGHT RUN

Sunday 25 October 2026

Join an organised run or bring your club or group together to host your own. Let's unite Wales for Own The Night 2026.

[REGISTER TO HOST](#)
[TOP TIPS FOR ORGANISING](#)

VOLUNTEER WITH US

Qualified LiRF or CiRF leader? Support one of our organised runs by leading a group - or lend your time in other ways.

[REGISTER TO VOLUNTEER](#)

GET THE SCRUNCHIE

An exclusive BlissKraft X Own The Night reflective running scrunchie.

Order online or buy one at our run, 25 Oct. £1 from every purchase goes to Welsh Women's Aid.

[ORDER HERE](#)

Countdown Graphics

How you can show support:

Help build anticipation and visibility in the lead-up to Own The Night events on **25 October 2026**. These graphics are perfect for sharing across Instagram, Facebook, and TikTok to rally your community and boost participation.

Asset	Copy
7 Days	“One week until we Own The Night. Ein Nos Ni.”
3 Days	“Three days until the night is ours.”
1 Day	“Tomorrow, same run. Same rights.”
Tonight We Run	“Tonight we run. Join us on a run near you - Cardiff, Swansea, Wrexham.”

[DOWNLOAD
OUR ASSET
PACK](#)

How to use:

Post countdowns during the final week before your event. Share both 4:5 (feed) and 9:16 (Stories) versions.

Tag @WelshAthletics and encourage your audience to repost or comment.



Countdown Graphics - Stories

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Ally & Club Pledge Tiles

How you can show support:

Start by making your pledge public. These tiles invite individuals, clubs, and organisations to declare their commitment to creating a safer running culture. Every share makes a statement - and shows others that action starts with all of us.

Copy template:

Headline: *"I pledge to..."*

Example pledges:

"Cross behind women, never in front."

"Speak up in my club."

"Run with her if she asks."

End lock-up: *Own The Night. Be The Light.*

How to use:

Post your pledge on Instagram, Facebook, X (Twitter) or LinkedIn - and tag @WelshAthletics.

Encourage your club members, colleagues, or organisation to do the same.

Add a personal caption about why this matters to you.

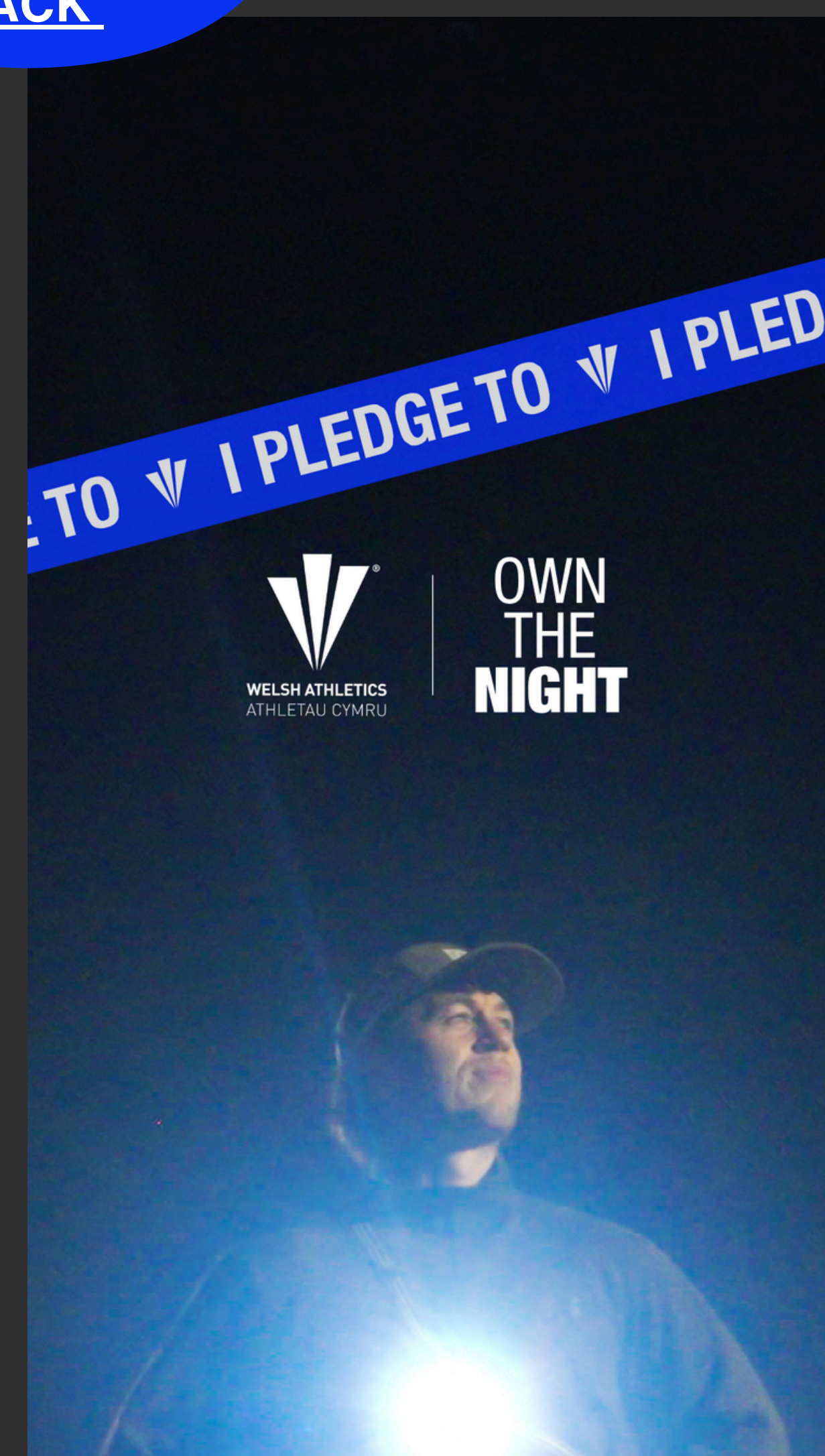
Use #OwnTheNight and #BeTheLight to join the wider movement.

Stories 9:16

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Last Year: Own The Night 2025

Last year, clubs across Wales showed up in force. **2,179** runners, **60** clubs and **77** runs came together to reclaim the streets. Here's the energy we're building on for 2026.



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Click to Learn More About Hosting a Run

[WELSHATHLETICS.ORG](https://welsathletics.org)

Why Your Support Matters

When you post, pledge, or share, you're helping to make running safer for everyone in Wales.

Your support helps:

Raise awareness of women's safety in sport and public spaces.

Encourage practical allyship within clubs and communities.

Strengthen relationships between runners, local authorities, and safety partners.

Position Wales as a leader in inclusive, community-driven sport.

Every pledge matters. Every share counts.

[OUR SAFETY GUIDE](#)

If your club would like to sign up and run its own **Own The Night** run on **25 October 2026**, you can register directly using the form here:

[REGISTER HERE](#)

By registering, clubs will receive access to the latest assets, updates, and guidance from Welsh Athletics to help plan and promote their event.





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ASSET PACK
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Together, We Own The Night.

*Download the full guide, choose your pledge,
and share your commitment using #OwnTheNight and #BeTheLight*

*Tag @WelshAthletics so we can celebrate and amplify your
support.*

[WELSHATHLETICS.ORG](https://welsathletics.org)

