



## **Cornelly Striders Athletic Club**

North Cornelly Community Centre, CF33 4AS

Dear

Your Welsh Athletics number is

We are very pleased that you have chosen to join our very friendly running club. We are a walking, road running and cross country athletic club open to all abilities and ages (over 16 years). The Club promotes fitness and well being in the local community.

We train every Tuesday and Thursday at North Cornelly Community Centre, Heol Las – meet from 6:15pm and start our warm up around 6:25pm then head out for our run (high visibility clothing required to wear during dark evenings). Many of our members take part in the local parkrun on a Saturday morning and many go for longer runs on a Sunday, which you will be welcome to join in. We are on Facebook, Twitter and we have a web page at [cornellystriders.co.uk](http://cornellystriders.co.uk). We also have a WhatsApp group so you can let us know if you'd like to be added.

We also take part in Cross Country Leagues in the winter and Bridgend County League in the summer.

For safety reasons, and in line with Welsh Athletics policy you must refrain from wearing headphones.

### ***Abilities***

Cornelly Striders is an established running club that has been going in the local area for well over 30 years, whereby some of our members have been running for many more than 30 years.

We cater for all abilities. We have a walking group for those who do not wish to run led by Angela Jones whereby you can walk at varying speeds.

We also have various abilities in our running groups from absolute beginners all the way to more experienced runners.

***“All for one and one for all”***

***All the members of the Club support each of the individual members, and the individual members pledge to support the Club.***



Our aim is for you to come along, socialise, have fun and enjoy regardless of your ability and you will receive a warm welcome, and supported by everyone. Many of our members are trained Leaders in Running Fitness and coaches.

### *Committee members/contacts*

James Marks

(Club Chairperson)

07970162240

Joanne Edwards

(Membership)

07587180559

Peter Turner

(Secretary)

Jennet James

(Treasurer)

Angela Jones

(Club Walking Captain)

***“All for one and one for all”***

***All the members of the Club support each of the individual members, and the individual members pledge to support the Club.***