



## Activities and Events for residents of Century Wharf

### Beginners Running Club

Ever thought about running, but never got round to it perhaps because:

1. its too dark when you get back from work,
2. you don't like running on your own,
3. you don't know how far or how fast to go

Ever wanted to join a running club but when you see them out running, they are all spread out and some people still run on their own and there is no "team" element about it ?

Ever seen the Cardiff Half Marathon on the Cardiff Bay 10k run past Century Wharf and think, "I'd love to do that, but dont know where to start" ?

Ever wanted to run but get intimidated by the "professional" runners who run for themselves only?

Well if you have answered Yes to any of the above then perhaps you would be interested in running with a small group of people from Century Wharf, with our two main aims of : -

- 1) completing next years Bay 10k and
- 2) completing next years Half Marathon as a team

.... and here is how we could do it....

To start with we can start running once per week (at night)

Then twice a week (at night)

Then three times a week (with one run being a long one during daytime on the weekend)

The few of us that run at the moment are not professionals, we aren't pretentious in anyway and we just run for fun (and fitness, which is a bonus). We talk on the way round and we run as a group, and we develop as a group and more importantly, we enjoy it as a group.

Remember this is a beginners running club meant for people who can associate themselves with the above notes, and just want to run and have a good time and meet some new people.

If you are interested please get in touch with me on the below details.

email : [tom.fletcher@bt.com](mailto:tom.fletcher@bt.com)

phone : 07918082923

I look forward to hearing from anyone

Thanks

Tom Fletcher