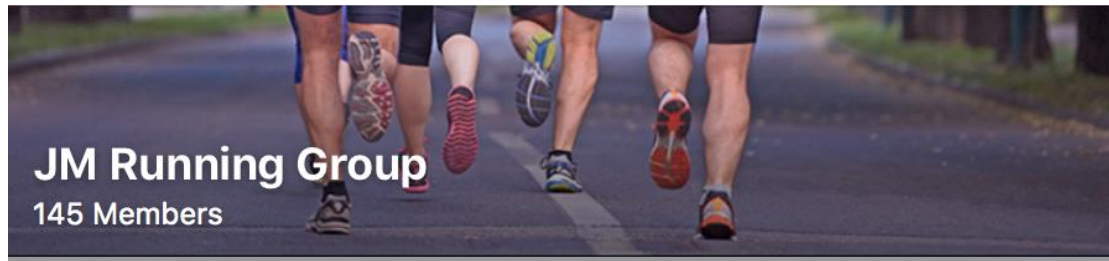


FACEBOOK RUNNING GROUP

Join us.....

<https://www.facebook.com/groups/441564796046720/>



JM Running Group and its members will be entering the races shown below and many more this year and next year. So if you see an event you fancy entering let us know as we may be able to team you up with a training partner of similar ability for support, motivation and shared experience. We will definitely be able to help you with your pre-race training with training plans, simulation sessions and advice. But most valuable of all you will be able to meet up with our members and see a friendly face on race day, taking on the challenge and sharing in your triumph.

Contact us via our FB group: <https://www.facebook.com/groups/441564796046720/>

or email John Mills at info@jmcompletefitness.co.uk

We look forward to seeing you at a race soon!

RUN EVENTS FOR YOUR DIARY

#1



**Charity 5K Santa Run in
Llandysul**

Charity Santa Run heads to Llandysul

Start getting festive as we are running a Santa and Elf Dash for the first time.

The 5k event, is open to everyone, participants are asked to dress festively for the event with Santas, Mrs Clauses and elves expected, all vying for the best dressed prize.

Those taking part can choose whether to run, jog or walk and it is open to all ages. The event is being held to raise funds for the Llandysul swimming pool & leisure centre now known as Calon Tysul.

The event will start at Llandysul paddlers and finish for refreshments at the **half moon in Pont Tyweli**

The race entry costs £5 and all proceeds will go to Calon Tysul.

Sponsor forms are available from Calon Tysul or Llandysul Paddlers this gives you a further chance to help raise funds for this amazing facility.

The event will start at midday on Sunday 10th December 2017 from Llandysul Paddlers car park and registration is open from 11.45am.

5K Charity Santa run Sponsors and Prizes

A huge thanks to the Half Moon for hosting the event.

A huge thanks to Llandysul paddlers for organising

A huge thanks to John Mills for helping with the course route. JM Complete Fitness & Sport Injury Clinic, Brondeifi, Wind St. Llandysul SA44 4BD Mob. 07967 612 978 www.jmcompletefitness.co.uk

A huge thanks to all the marshals that help on the day – If you are free let us know by calling 07900570440 (Gareth)

Prizes so far are -

First Place Male - One free ticket to the Ceredwen Xmas party night on 16th December and one reduced price second ticket £12 - Simone Broome simone@ceridwencentre.co.uk

First Place Female - One free ticket to the Ceredwen Xmas party night on 16th December and one reduced price second ticket £12 - Simone Broome simone@ceridwencentre.co.uk

Most Sponsors - Special prize

Best Dressed Male -Special prize

Best dressed Female - Special prize

Best Dressed under 18 male - Special prize

Best Dressed under 18 Female - Special prize

See you all on the 10th December at 12 noon at the Canoe Centre Llandysul SA444AA

For further information please call Gareth Bryant on 07900570440 or email bpaddlers@aol.com

Happy Christmas from all at Llandysul Paddlers

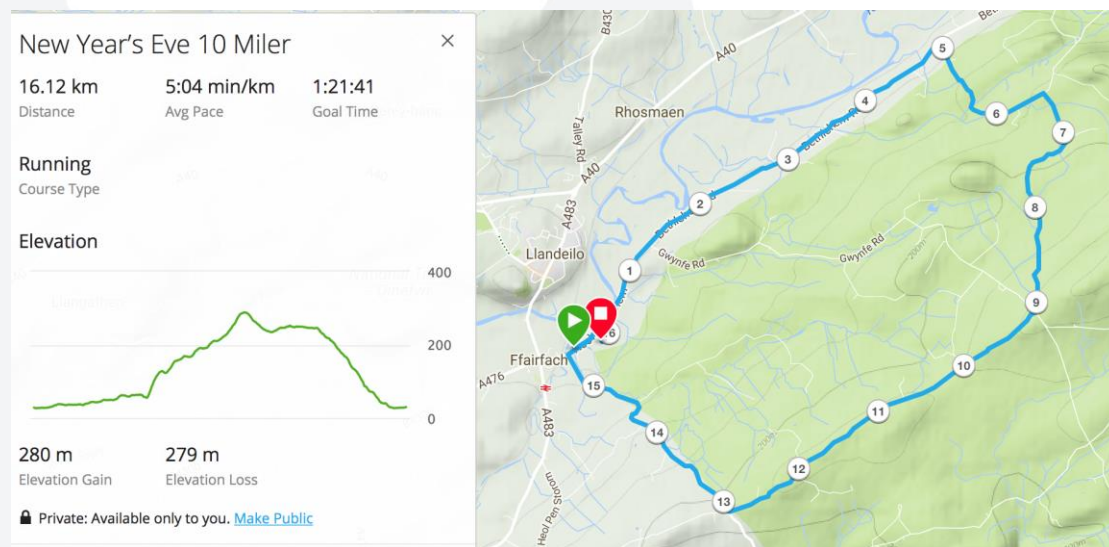
#2 The second featured race JM running group will be attending is the New Year's Eve 10 Miler. A Perfect challenge to end the year. And maybe finish with a cheeky mulled wine in the local pub!!!

New Year's Eve 10 Miler



Join JM Running Group to enjoy your last run of the year with a fantastic challenge set in the magnificent Towy Valley! This is a 10 mile 'no frills' road run to get ready for the festivities later.

Please note it is a hilly road course in quiet country lanes taking in Garn Goch, views of Carreg Cennen Castle, the Black Mountains and Llandeilo. Due to the hilly terrain this is not for the faint hearted and some prior endurance training is recommended!



DATE AND TIME

Sun 31 December 2017
10:00 – 12:00 GMT

LOCATION

Tregib Sports Facilities
Ffairfach
Llandeilo
SA19 6TB

Events for the early New Year JM Running Group will be attending:

14/01/18 The Buff Wales Trail 10k
11/02/17 Ras Cors Caron Half Marathon
17/02/18 HOKA One Winter Trial Half Marathon
03/03/18 Ras Dewi Sant Half & Full Marathon



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or email John Mills at info@jmcompletefitness.co.uk

