

# BMF FUTURE EVENTS

## 2009

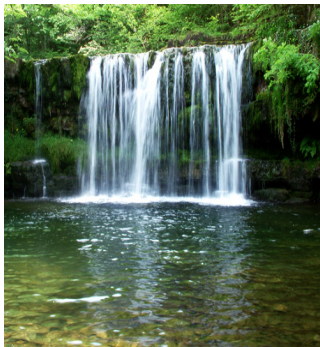
Happy New Year to everyone! We hope you all enjoyed the festive holiday. Time to dust off those trainers and get back to the park to work off that excess Turkey.

Just a reminder that we now have a Running Club on Sundays commencing at 10am at Pontcanna Fields. This is for all abilities, from the beginner to the marathon runner.

We will also be organising events this year and below is a quick run down of each event.

### Sunday 22<sup>nd</sup> February

#### Ystradfellte (The Four Falls Trail)



With its stunning waterfalls this walk is truly breathtaking. The walk is approx 3 miles long and suitable for all abilities. One of the main attractions is walking down the deep tree lined gorges over a series of dramatic waterfalls, one of which you can walk behind before joining to form the river Neath. The walk will last approx 3 hours and transport is provided from Cardiff.

*Cost: £2.50*

*For an additional £2, Transport will be provided on a first come first serve basis.*

### Sunday 1<sup>st</sup> March

#### St David's Day Run – Black Weir Changing rooms Bute Park



We are holding our annual St David's Day Run on Sunday 1st March 2009 this year. This event has become renowned for the diversity of entrants enjoying the occasion, from club runners who complete the 5 km course in about a quarter of an hour, to babies who complete the course (with the assistance of their pushchair) in over an hour, having paused along the way to enjoy the scenery. As well as the 5K run, there is also a 10K run this year for those feeling more ambitious!

The 5K and 10K runs take place at 10.30 am and 11.30 am respectively in Bute Park, Cardiff. If this seems a little too strenuous for a Sunday morning, then why not enter for the family 1K run at 10 am?

# Saturday April 18th

## Canadian Lakes Run



This plush Canada Lodge overlooking a lake set in five acres of woods and forestry located in a secluded corner of Creigiau, north-west of Cardiff, started life as a more modest fishermen's hut. This setting is breathtaking with fantastic wildlife including kingfishers and Osprey – a perfect location for a BMF run. This run is suitable for all fitness levels.

*Cost: £2.50. For an additional £2, Transport will be provided on a first come first serve basis.*

# Sunday May 10<sup>th</sup>

## Sugar Loaf Run



The distinctive conical profile of the Sugar Loaf makes it a prominent landmark in Abergavenny.

It is high enough to be called a mountain but the climb is steady and suits all fitness levels.

The attractive oak woodlands and breathtaking views of the Brecon Beacons and Bristol Channel make this trip one not to be missed!

*Cost: £2.50*

*For an additional £2, Transport will be provided on a first come first serve basis.*

# Sunday June 7<sup>th</sup>

## Assault Course



Fancy a challenge?

Come and take part in our Assault Course and log run challenge. Again this is suitable for all fitness levels!

*Cost: £2.50*

*For an additional £2, Transport will be provided on a first come first serve basis.*

## Sunday July 12<sup>th</sup>

### Indoor Climbing Wall



Whether you're an absolute beginner or an avid climber, come and have some fun at the climbing centre. If you haven't tried it before then you've got to!! There are only 16 spaces available so book early to avoid disappointment.

Cost: £16

## Saturday August 8<sup>th</sup> - Sunday August 9<sup>th</sup>

### Teambuilding weekend



Fancy a night out in the great outdoors in true BMF style? Don't miss this rare opportunity of a BMF teambuilding experience in the beautiful setting of the Grwyne Fawr valley located in the heart of the Brecon Becon's National Park. Limited spaces available so book now to avoid disappointment!

Cost: £20  
*Transport will be provided.*

## Sunday September 13<sup>th</sup>

### Gower Run



The Gower Peninsula is famed for its succession of golden beaches, unspoiled countryside and plethora of ancient, mystical sites. Within Gower's coastline lies no less than twenty five beaches, ranging from stunning vistas of sand such as Oxwich Bay, Rhossili Bay and Whiteford Sands, which stretch for almost as far as the eye can see. A trip not to be missed!

Cost: £2.50

*For an additional £2, Transport will be provided on a first come first serve basis.*

# Saturday October 3<sup>rd</sup>

## Merthyr Mawr



Merthyr Mawr is a picturesque village situated off the A48. As you enter Merthyr Mawr, cross over a small river bridge, you will see the stepping stones to Ogmore castle. As you approach the main car park, you will be confronted by lots of sand dunes - in fact it is the largest sand dune system in Europe (Scenes from the film "Lawrence of Arabia" were shot at Merthyr Mawr). Again this trip is suitable for all fitness levels

*Cost: £2.50*

*For an additional £2, Transport will be provided on a first come first serve basis.*

# Saturday December 12<sup>th</sup>

## Christmas Bash



BMF Christmas Bash will be held in Cardiff Castle in 2009. This is a great value night out. The cost is £40 and this covers a four course meal, wine and entertainment. More details will be published closer to the date.

For any further information please contact Nathan / Mel on:

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