



Resilient Runners Aberdare



Formed in August 2020, the Resilient Runners aimed to offer people an opportunity to try running in a safe environment. Throughout 2021 they managed to maintain momentum and continuously provide regular opportunities. When lockdown restrictions relaxed they re-opened membership and increased from 35 members to 79!

This year they offered Strength and Conditioning Classes, Couch to 5k and 5k to 10k transition. They hope that by March 2022 some members will run their first half marathon in Cardiff. In September several members took part in their first 10k Race in Cardiff Bay. Their members regularly take part in Aberdare parkrun and lots of them volunteer on a weekly basis!

