



February 2020



CF64 Sunday 19th January

### Introducing the Heath Massive Committee

- Spiro Pezaros - Chair
- Cerian Miles - Treasurer
- Tony Carlisle - Membership
- Melanie Westlake - Female Welfare Officer
- Dave Edwards - Male Welfare Officer
- Rhiannon James - Social Secretary
- Trefor Morris - Development Officer
- Mike Davies - Secretary

### Congratulations

Congratulations to all our members who represented Heath Massive at the CF64 Race.

### Upcoming Races

St David's Day 10K - 1st March

Cardiff Bay 10K - 29th March

**Will you take on our 2020 challenge?**  
 Cardiff & Vale Health Charity is looking for runners to take on the challenge of running 20k in 2020.

We have FREE spaces for runners to take part in both the Cardiff Bay 10k Run and the Barry Island 10k Run. We'd love you to take on the challenge of either running 10k or challenge yourself and run both reaching 20k. Get fit, active and raise vital funds for the Health Charity. We'll be working with Heath Massive Run Club who can help you reach your running goals.

To find out more please email [fundraising.cav@wales.nhs.uk](mailto:fundraising.cav@wales.nhs.uk)

#TeamHealthCharity

### #representingheathmassive

Would you like to feature on our profile picture?

Would you like to have your running journey story on our very own webpage to inspire other runners?

If so send your photo and stories to

[heathmassiverunclub@gmail.com](mailto:heathmassiverunclub@gmail.com)

### Congratulations

Congratulations to Melanie Westlake who won the ballot and will run the London Marathon in April. She will be representing the Heath Massive Run Club.



London Marathon  
Sunday 26th April

### Social Events

Meal in Cardiff - Saturday 22nd February 6pm - Venue to be confirmed

Coffee Run Sunday 23rd February - Meet at 8am Under the bridge by Corner Coffee Shop Wedal Road. 5K or 10K Lake Run, followed by a drink in the coffee shop.