

## ***Run Wales, Run Champions - Leader Champion***

As a Leader Champion, you will promote social running and run leader opportunities within your area, whilst mentoring and helping new and novice leaders.

### **Are you:**

- Passionate about running and sharing your experience and knowledge with new and novice Run leaders (LiRF)
- Keen to support, mentor and develop others
- A good communicator
- An advocate for the benefits of social (recreational) running and the importance of providing opportunity for all.
- Leadership in Running Fitness (LiRF) qualified for over 3 years (or)
- Coach in Running Fitness qualified

### **What you will do:**

- Advocate the LiRF programme and leader support systems
- Support, encourage and mentor new and novice Run leaders
- Share your knowledge and experience
- Be a point of contact for questions and queries
- Inspire and motivate leaders to join the Run Wales LiRF network
- Promote interactions and answer queries within the Run Wales LiRF network
- Identify local runners to become Run Leaders (undertake LiRF training).

## ***How much time will it take?***

This role, in most cases won't take more than 1-2 hrs a week, mainly in the evenings and weekends, but you can choose to do as much or as little as you like.

## ***What you'll get out of it?***

The satisfaction of knowing that you are inspiring, supporting and mentoring leaders who will go on to support the next generation of social runners, who may not have

We'll also provide you with;

- Official Mentor training
- Ongoing Run Wales, Run Champion training and support
- Run Wales, Run champion clothing
- Free annual membership to Clwb Run Wales
- Run Wales staff and peer support
- Exclusive, closed run champion community
- Develop your own leadership knowledge and skills
- The satisfaction of helping others develop their leadership skills

## ***Important dates***

You must be available on the following dates to undertake the mentor training element of this programme –

### **NORTH -**

Saturday March 28th 2020

Coleg Cambria, Kelsterton Rd, Connah's Quay, Deeside, Flintshire, CH5 4BR : 1 – 4pm

### **SOUTH EAST -**

Sunday March 29<sup>th</sup> 2020

Sport Wales, Sophia Close, Cardiff CF11 9SW : 1 – 4pm

### **WEST -**

Saturday March 28th 2020

Amman Valley Leisure Centre, Ammanford SA18 2NW: 1 - 4 pm