

CHRISTINE BINDING

LLANTWIT FARDRE RUNNING CLUB

Christine is a volunteer run leader with Llantwit Fardre Running Club. She originally joined the club 5 years ago as a runner but was asked to become a leader in 2021 because of her helpful and supportive nature. Christine is a great motivator and provides invaluable support to all of the runners, especially those that are new to the club, and those that re-join after injury. She organises multiple group runs each week and organises additional sprint training and skills work. Christine ensures that her runs cater for all running abilities and helps all of the group to progress and improve their running. She is an all-round lovely lady who really deserves some recognition!



Chwaraeon RhCT
Sport RCT

**VOLUNTEER
OF THE MONTH**
JANUARY 2023