

# FRAME RUNNING DRAGONS CARDIFF

England & Wales · Charity number 1211631

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2025-01-09

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 56  
Painswick Rd  
Cheltenham  
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**Email** [info@frdc.org.uk](mailto:info@frdc.org.uk)

**Website** [www.frdc.org.uk](http://www.frdc.org.uk)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT TO PRESERVE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF, AND RELIEVE THE NEEDS OF, PEOPLE OF ALL AGES IN SOUTH WALES WHO HAVE LIMITED FREEDOM OF MOVEMENT DUE TO PERMANENT OR TEMPORARY DISABLEMENT, ILLNESS OR INJURY, BY THE PROVISION OF OPPORTUNITIES TO PARTICIPATE IN ADAPTED RUNNING, CYCLING AND OTHER ATHLETIC OR PHYSICAL ACTIVITIES APPROPRIATE TO THEIR ABILITIES, USING SPECIALIST EQUIPMENT FACILITATED BY QUALIFIED PROFESSIONALS IN A SAFE AND ACCESSIBLE ENVIRONMENT.

## Classification

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- **How:** Provides Services
- **What:** Disability, Amateur Sport
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

## Geography

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- Cardiff

# Trustees

Name	Role	Appointed
Marie Owen	Chair	
Karen Visser		2025-01-09
Susannah Adams		