

It's back!



Want to try something new?

Always wanted to complete a 5k run but never knew where to start?

Do not worry we are here for you this summer!!

This 6 week training programme will give you everything you need to get you moving off the couch and across that finish line.

With a hands on instructor who will be with you every step of the way tailoring the programme to suit you! With advice, encouragement, support and knowledge she will have you moving in no time!

◆ 6 week course starts Wednesday 17th July 1845-1930

◆ 5K Event August 28th 2019

◆ Registration @ 1830

◆ Race starts @ 1900

→ Call 01437 775504 for more information ☺

What should I bring?

- Plenty to drink
- Any questions
- A friend



Already a runner?

Great...just book the 5k run to keep you in shape this summer!