



For further details: maldwynharriers.org.uk



LADIES

Social, fun, beginners running group for women

Following 22 very successful courses when hundreds of ladies *have* taken up running for fun we are now starting a **twenty-third** course aimed at the absolute beginner. The group will commence with walking and gentle jogging to improve health and fitness. Everyone will be supported to go at their own pace.

THURSDAYS 6-7PM

Starting Thursday 7th September 2017

For 10 Weeks

This course will conclude with a celebration 3 mile/5k event on the 10th week - Thursday 9th November 2017

Meet at Maldwyn Leisure Centre

£2.00 each session

Please wear suitable clothing and footwear

The group will be led by volunteers who are qualified and licensed UK Athletics Running Fitness Coaches

Course Leaders: Jill, Rachel, Heather, Jan, Haf, Emma and Gang

