



MEN and LADIES

INTERMEDIATE SESSIONS

Following a very successful Men and Ladies course we will be running **4** Special sessions for those Men and Ladies who can now run 3 miles and wish to carry on running on a weekly basis with an organised group but are not quite ready to run with our Wednesday Men and Ladies. During these nights slow, steady runs will be approximately 3.5miles/6k in length and will enable you to consolidate your running skills and become a more confident runner. All runners will be supported to run at their pace.

1 – THURSDAY 14th November 2019 – Charity 5k/3mile run – £5 – see poster for details

2 – Thursday 21st, 28th November and 5th December 2019 – Meet at Maldwyn Leisure Centre

£2.00 each session

Please wear suitable clothing and foot wear

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

For further details contact - maldwynharriers.org.uk

