**INTERMEDIATE RUNNING SESSIONS**

**LADIES and MEN**

**(Covid restrictions adhered to)**

**Following a highly successful Beginners and Intermediate Course, we are now starting a new session on a Wednesday night for those who can now run 3miles/5k and wish to carry on running on a weekly basis with an organised group but are not quite ready to run on their own. During these nights slow, steady runs will be approximately 4 miles/7k in length and will enable you to consolidate your running skills and become more a confident runner.**

**All runners will be supported in running their own pace.**

**WEDNESDAYS**

 **Commencing 3rd May 2023 until 30th August 2023**

 **6.30-7.30pm**

**Meet at entrance to Dolerw Park**

**(By the Riverside Venue)**

**£20 for ACCESS TO ALL SESSIONS payable in advance by Bank Transfer. If anyone wishes to turn up on a weekly basis there will be a cost of £2 per person per night.**

**To book your place or ask any questions, please email: ladies@maldwynharriers.org.uk**

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