**LADIES and MEN**

**Following numerous very successful courses when dozens of ladies and menhave taken up running for fun, we are now starting a new course aimed at the beginner for both Ladies and Men.**

**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 6.30-7.30pm**

**Starting Thursday 7th September 2023**

**For 10 Weeks**

**This course will conclude with a celebration 3 mile/5k event on the 10th week - Thursday 9th November 2023 Meet at entrance to Dolerw Park (By the Riverside Venue)**

**£30 for the course payable in advance by Bank Transfer**

**Booking is essential as places are limited, anyone not booked on will be turned away**.

**To book your place please email: ladies@maldwynharriers.org.uk**

**Please wear suitable clothing and footwear**

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