



BEGINNER'S RUNNING COURSE

LADIES and MEN



Following numerous very successful courses when dozens of ladies and men have 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 5th Sept- 7th Nov 2024

For 10 Weeks

This course will conclude with a celebration 3 mile/5k event on the 10th week –7th November2024 **Meet at entrance to Dolerw Park (By Café Hafan)**

£30 for the course payable in advance by Bank Transfer

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

