



## WEDNESDAY RUNNING SESSIONS

### LADIES and MEN

**6.30pm – 7.30 pm**

Our Wednesday nights are a fun, social run consisting of 2-3 groups depending on the runners present.

During these nights steady runs will be of approximately 4-6 miles/7-10k in length and will enable runners to consolidate their running skills and become more confident runners. These sessions are designed for runners who wish to run in an organised group, and they will be encouraged and supported in running at their own pace.

**Meet at entrance to Dolerw Park**

**(By the Riverside Venue)**

**Sessions are free to members of Maldwyn Harriers Athletics Club.**

**However, if anyone wishes to turn up on a weekly basis there will be a cost of £2 per person per night.**

To ask any questions regarding these sessions, please email:

**[ladies@maldwynharriers.org.uk](mailto:ladies@maldwynharriers.org.uk)**

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



