**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 9th Jan – 13th March 2025**

 **For 10 Weeks**

**This course will conclude with a celebration 3 mile/5k event on the 10th week –13th March 2025 Meet at entrance to Dolerw Park (By Hafan Yr Afon Cafe)**

**£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**