

NEW TO RUNNING?

**USED TO RUN &
WANT TO START
AGAIN?**

**WANT TO IMPROVE
YOUR TIMES?**

NEED MOTIVATING?



START RUNNING

HAVE YOU ENTERED A RACE?

**JUST WANT TO GET
FIT?**

**WORRIED THAT YOU'RE NOT
GOOD
ENOUGH TO JOIN A CLUB?**

**BEGINNERS SESSIONS
FOR 16 YEARS
UPWARDS**

**1ST AND LAST MONDAY
OF EACH MONTH 7PM**

**Contact us:
startrunning@paddockwoodac.co.uk**

