

Start Running



Want to start running, come and give us a try.

Whether you just want to get fit and have been training on your own, or you are just thinking of entering a spring race.

Have ever you wished you had someone to keep you company?

Are you finding it hard to get yourself motivated in your efforts to get fit, especially with only the dark, cold and gloomy evenings to keep you company.

Are you worried that you are not good enough for a club? Fear not.

Paddock Wood Athletic Club has the solution

Come and give us a try on the First & Last Mondays of each month
7:00pm - 8:00pm

At our training track Putlands Sports Centre, Paddock Wood

The club have their very own floodlit athletics training track with highly motivated and qualified coaches where you will not only be safe and sound but also made most welcome whether you have tried before and failed or are a complete beginner. Anybody basically fit is welcome.

Come and try it before joining our normal training sessions

Your First Month is Free

To see what P.W.A.C. is all about please take a look at the clubs web

site: www.paddockwoodac.co.uk or for more information

PLEASE email: startrunning@paddockwoodac.co.uk