

NEW TO RUNNING?

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

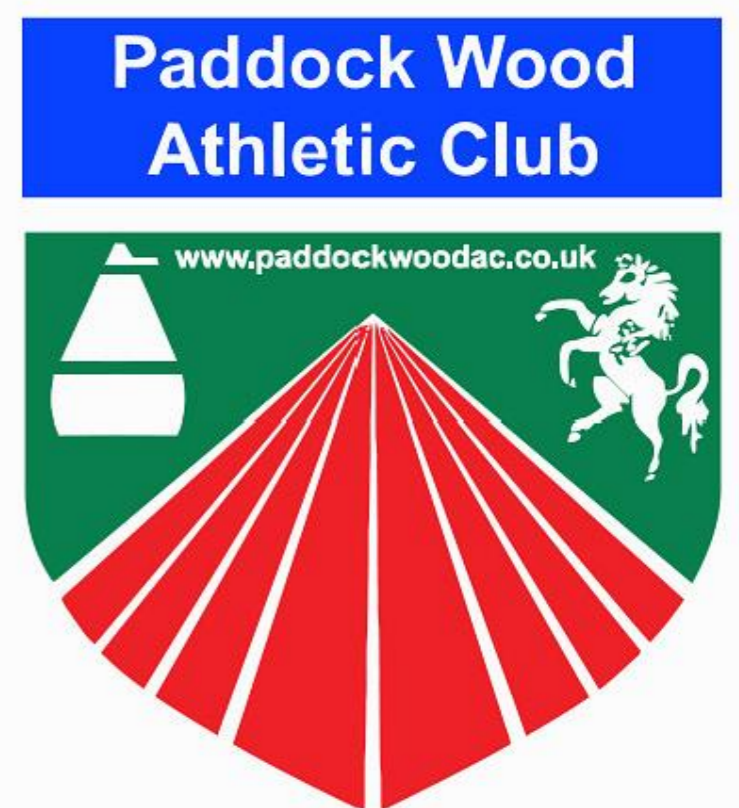
**WANT TO IMPROVE
YOUR TIMES?**

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 YEAR
UPWARDS**

MONDAY'S FROM 7pm TO 8pm

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

