



Why not come and give us a try.

Whether you just want a new challenge or just to get fit.

Paddock Wood Athletic Club has the answer for you

Have you been training on your own
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 perfect solution

Come and give us a try on Mondays evenings between
7:00pm - 8:00pm

At our training track Putlands Sports Centre, Paddock Wood

Paddock Wood AC have their very own floodlit athletics training
track with highly motivated and qualified coaches where you will
not only be made most welcome you will be safe and sound whether
you have tried before and failed or are a complete beginner.

Anybody basically fit is welcome.

Visually impaired runners also welcome with prior notice.

Come and give us a try before joining our normal training sessions

For more information about what PWAC

Please take a look at www.paddockwoodac.co.uk

For more information on the starrunning sessions PLEASE email:
starrunning@paddockwoodac.co.uk

SHOULD You Wish To Join Us Your First Month Is Free