



FREE!
Hand bottle for
all participants

Are you new to running?

Do you want to run a summer fun run?

Are you now not sure about training, clothing, shoes or diet?

Are you training alone and finding motivation hard?

Then why not join a group of similar runners for a seven-week course under the watchful and helpful eye of an experienced UK Athletics qualified coach.

The seven, one hour Saturday sessions will run from 9-10am starting at Werrington Sports Centre and will be aimed at complete beginners or novice runners who are looking to increase their fitness or complete a summer event.

The seven sessions will cost only £25 and the group will be limited to no more than 15 runners to ensure a friendly, informal session with no pressure.

To book a place just complete the form below and return to
Tim Cook, 30 Deeping St James Road Northborough Peterborough PE6 9BQ
with a cheque made payable to Tim Cook. For more information call 07793 906746

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Please book me a place on the seven-week introduction to running programme.
I enclose a cheque made payable to Tim Cook for £25

Name _____

Address _____

Postcode _____

Contact Telephone Number _____

Email _____

Participants take part entirely at their own risk. When undertaking vigorous exercise for the first time it is strongly recommended that participants seek their Doctors agreement.

Signature _____ Date _____