



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 six-week course under the watchful and helpful eye of an experienced UK Athletics qualified coach.

The six, 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 six sessions will cost only £20 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



Please book me a place on the six-week introduction to running programme.
I enclose a cheque made payable to Tim Cook for £20

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 _____