

huncoteharriersac

couchto**5k**



starts

tuesday 11th june

as the name suggests, we aim to take you from an absolute beginner, with no running experience, to being able to complete a 5 kilometre run at the end of the course (and have fun doing it)

meet 6pm twice a week
tuesdays & thursdays

please note: the two venues -

tuesday at huncote leisure centre

thursday at enderby leisure centre

cost for the 9 week course is a bargain at **£10** and it's refunded if you choose to become a member of Huncote Harriers

for more details please contact:

Tony on 07455 012 314

or Jane on 07734 333 367

www.huncoteharriersac.co.uk

Let's run!