

SIDMOUTH RUNNING CLUB

BEGINNERS COURSE

from SIDMOUTH SAILING CLUB

ON WEDNESDAY 9th JANUARY at 7pm.

*A GENTLE 8 WEEK COURSE, FOR THOSE WHO
HAVE NEVER RUN BEFORE, TO EASE YOU INTO
BEING ABLE TO DO 3 MILES COMFORTABLY*

*At the end of the course those that complete the 3
mile run will receive a **MIGHTY GREEN** Shirt
sponsored by*

Kings Garden Centres

*The course costs £25 which includes your Club
Membership for 2019, Corporate LED
Membership and Public Liability Insurance*

Enquiries please phone 07734 581782
30 places available. All ages welcome
Email: terry@zakia.co.uk **TO BOOK YOUR PLACE**

www.sidmouthrunningclub.co.uk

FITNESS – HEALTH – WEIGHT LOSS