



For further details: maldwynharriers.org.uk



NEW FOR 2018

Maldwyn Harriers is starting a

Social, fun, beginners running group for women and men

Following 23 very successful courses when hundreds of ladies have taken up running for fun we are now starting a new course aimed at the absolute beginner for both women and men. The group will commence with walking and gentle jogging to improve health and fitness. Everyone will be supported to go at their own pace.

THURSDAYS 6-7PM

Starting Thursday 4th January 2018

For 10 Weeks

This course will conclude with a celebration 3 mile/5k event on the
10th week - Thursday 8th March 2018

Meet at Maldwyn Leisure Centre

£2.00 each session

Please wear suitable clothing and foot wear

The group will be led by volunteers who are qualified and licensed
UK Athletics Running Fitness Coaches

Course Leaders: Jill, Rachel, Heather, Jan, Haf, Emma and Gang

