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Redhill Road Runners



COUCH TO 5K



with Redhill Road Runners

Starts **Monday 9th January** 2023 at 6 p.m.

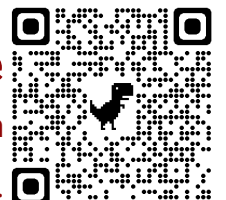
- Led by England Athletics trained Run Leads, this 12 week course is ideal for beginners or those returning to running after injury
- The programme is suitable for all abilities - you will be encouraged to run and walk at your own pace
- Not only is this a great way to improve physical fitness, you'll also benefit from increased mental and social wellbeing
- Graduation Parkrun and medal presentation with the Redhill Road Runners club at the end of the 12 week course
- The price for the 12 week course is **£10** per person.



Meeting Place: Redhill Young People Centre
(NG5 8GX: Next to Redhill Leisure Centre)



Sign Up Online



For more information and to register, go to www.redhillroadrunners.com
Please note that the minimum age for the C25k Course is 16 years of age.