

BRJ RUN AND TRI

We swim, we bike, we run, we have fun.



COUCH TO 5K RUNNING COURSE

**Wednesday evenings
from 9th September**

Aimed at non-runners and those returning to running, led by qualified coaches and leaders.

Free taster session, 9th September:
7:00pm at Huntingdon Neurotherapy Centre,
Bradbury House, Mayfield Road, Huntingdon PE29 1UL

First full session, 16th September:
7:00pm at Huntingdon Neurotherapy Centre,
Bradbury House, Mayfield Road, Huntingdon PE29 1UL

Subsequent sessions (from 23rd September):
7:30pm at St Ivo Outdoor Centre
California Road, St Ives, PE27 6SJ

For more information scan the QR code

Or see our website:
brjrunandtri.org > Training > Beginners

Or email:
beginners@brjrunandtri.org

