

**Would you
like to get
fit?**



**give
running
a try!**

**A new running group is starting on Mondays at 6.15pm at
Mortomley Close, High Green - The Happy Mondays!**

It's for beginners - the first session is coming soon and we meet in the car park near the playing fields.

*Its only £1.50 per
session!
Just turn up. Wear
trainers and comfy
clothes.*

Sessions are led by two UK Athletics Run Leaders who are CRB (DBS) police checked. For more details please phone: Bev: 0114 2869312

Wendy: 07887 915980

Facebook: Valley Hill Runners - Happy Mondays! - Beginners Running Group

Website: www.valleyhillrunners.co.uk

**For EVERYONE OVER 12 - children must have a parent/guardian,
running/jogging with them.**

**Sessions will last approx an hour & include a warm up, walk, jog, run & a cool
down which we promise will all be good fun!**

Organised with support from the Valley Hill Runners Running Club, UK Athletics and Run England

