

Interested in running?

STAINLAND LIONS ARE HOLDING A BEGINNERS COURSE.

If you've never run before or currently run and would like to run as a group, this is the course for you!

The course is **Free!!**
But you must be over 17 years of age.

Commencing on Monday 21st April at 6.30pm
for 8 weeks.

Meeting at Heath rugby union club in West Vale.

For further details see www.stainlandlions.com
or ring Diane on 01422 350656

