

# ***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 cost of the course is £10 (9 week course).

You must be over 18 years old.

Commencing on **Monday 12th April** and every Monday for the duration of the course.

**Meeting at Heath RUFC in West Vale at 6.30pm**

(NB: The club house will be open from 6.00pm on the first night for registration)

Just turn up on the night suitably equipped for training.

For further details please ring either

**Diane: 01422 350656** or **Genevieve: 01422 361639**

or visit our website: **[www.stainlandlions.com](http://www.stainlandlions.com)**

