

STAINLAND LIONS 2011 BEGINNERS COURSE



Interested in running?

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

This is a 9 week course commencing on Monday 11th April and then every Monday until 6th June

Meet at Heath RUFC in West Vale at 6:30pm

The club house will be open from 6pm on the first night for registration or you can pre-register in advance (see website for details)

The cost of the course is just £10

You must be over 18 years old

For further details please see the club website

www.stainlandlions.com

or contact Genevieve: 07929 724349

