



Find us on Facebook
Redhill Road Runners



COUCH TO 5K



with Redhill Road Runners

Starts **Monday 8th January** 2024 at 6 p.m

- Led by England Athletics trained Run Leads, this 13 week course is ideal for beginners or those returning to running after injury
- The programme is suitable for all abilities - you will be encouraged to run and walk at your own pace
- Not only is this a great way to improve physical fitness, you'll also benefit from increased mental and social wellbeing
- Graduation Parkrun and medal presentation with the Redhill Road Runners club at the end of the 13 week course
- The course is free for all to take part you just need a good pair of trainers



Meeting Place: Redhill Young People Centre
(NG5 8GX: Next to Redhill Leisure Centre)



Sign Up Online

For more information and to register, go to www.redhillroadrunners.com
Please note that the minimum age for the C25k Course is 18 years of age.

