



Beginners Running

with Ponteland Runners

Ponteland Runners are a local community based England Athletics affiliated running club staffed by local volunteer run leaders. We are hosting a new set of beginners run sessions for 10 weeks from Wednesday 13th April 2016.

Would you like to get into running? Would you like to complete a 5km park run? Ponteland Runners can help whatever your goal. We are running a 10 week programme of beginners sessions. Don't worry about your standard of running, just come along and try.

Wed 13th April 2016 19:00hrs

Ponteland Leisure Center

Callerton Lane, Ponteland, NE20 9EG

Beginners@pontelandrunners.org.uk

Latest details at www.pontelandrunners.org.uk/beginners



GET INTO RUNNING