



Beckenham Running Club

Headquarters: - Beckenham Cricket Club
Foxgrove Road
Beckenham
Kent BR3 5AS

...Don't run? Can't run?
...Running for the bus your only exercise?
...Want to start, or improve?
...Need some proper help and encouragement?

Beckenham Running Club are "running" an **8 week course** designed for **YOU**.

When? – Monday evening at 6.45pm;

Starting? – 7th June 2010;

Where? - Beckenham Cricket Club *(see above for address);*

How Much? - £10.00 for 8 weeks. *(Payable in advance or on week 1);*

Who? – anyone over 18 years old

We'll help you set your own GOAL, and over the 8 weeks we'll help you achieve it in a safe, structured and enjoyable way.

How to Find out more? - by email beckenhamrunning@yahoo.co.uk
- by phone to Nicky Howard: 07967 689408

