



Beckenham Running Club

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

...Don't run?

...Want to start, or improve?

...Need some help and encouragement?

Beckenham Running Club are 'running' an 8 week course aimed at beginners wanting to try running in a group, or those fairly new to it.

We'll do our best to cater for different levels of ability but at the start of the course be prepared to do a mixture of conditioning

When – Monday evening at 6.50pm

Starting – 23 January 2012

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

How Much? - **£10.00 for 8 weeks.** *(Payable on week 1 by cheque or cash to Beckenham Running Club)*

Who? – anyone over 18 years old who is medically fit

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

How to Find out more - by email wapbambogie@myway.com
by phone to Chris Lydon 07966 014789 / 020 8650 4932