

Run And Talk Campaign – Athletics and Running

Twice a year during a one-week period linked to 'Time to Talk' day and the World Mental Health Day England Athletics are encouraging people to run one mile or further and to have a chat with friends, family, colleagues or other runners while doing it.

Bourton Road Runners are organising a Run /Talk session on Wed February 6th at 9:30am.

Meet at the Leisure Centre in Bourton.

We will cater for runners, joggers, jog / walkers or walkers i.e. all abilities

Coffee afterwards!

Do come along , you can book into the session via the Link on our website or JUST TURN UP!

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