



Couch to 5K

with

Bourton Roadrunners

The NHS Couch to 5K course will help you
work up to running 5K in just 9 weeks

Suitable for absolute beginners of all ages

Friendly support and encouragement from our qualified
session leaders and club members

Tuesdays and Thursdays @ 6:00pm starting 13th May

Course cost £10 (deducted from your membership fee if you
decide to join Bourton Roadrunners after the course)

Scan the QR code or contact Lorna at
brr.c25k@gmail.com for more information or
to sign up

