



Couch to 5K

with

Bourton Roadrunners

Our popular 9 week course is back

Suitable for absolute beginners of all ages

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

**Tuesdays and Thursdays @ 6.00 pm
starting 1 October 2024**

Course fee £10

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

