

Stubbington Green Runners

www.sgrac.net

BEGINNERS RUNNING COURSE 2010

We are planning to hold an 8-week running course starting Tuesday 30th March and each Tuesday through to May 18th 2010.

We will meet at Crofton School, Stubbington for a prompt 6.30pm start and after the training session a series of guest speakers will give talks on a variety of subjects related to running and keeping fit, e.g. Alexandra Sports from Portsmouth will be coming to talk about footwear and kit.

The course will be suitable for all abilities. Absolute beginners can be assured we will treat them gently - we are trying to encourage not discourage and each session will be supported by members who have many years of experience between them.

For safety reasons we must restrict the numbers to a maximum of 30 so apply now to be certain of a place.

If you are uncertain about applying ring one of the following numbers for more information

Christine Haskell	01489 582996
Glenn or Caroline Street	01329 845330
Tom Mellor	01329 841371

It is recommended that you speak with your doctor to ensure your fitness to participate before applying.

The cost of the course is £20, which is inclusive of club membership through to end March 2011.

Please complete the form below and send cheque, payable to:

STUBBINGTON GREEN RUNNERS

to: **Christine Haskell, 39 Pine Walk, Sarisbury Green, Southampton SO31 7DN.**

SURNAME	FORENAME	DATE OF BIRTH
ADDRESS		
TOWN/CITY	COUNTY	POSTCODE
TEL NO	EMAIL ADDRESS	