



NEW MEN'S RUNNING COURSE STARTS SATURDAY 16TH MARCH 2019

Every Saturday
9:00 AM - 10:00 AM
AND
Every Wednesday
6:30 PM to 7:30 PM
at Rugby Athletics Track

Only £30 for a 16 week course

Whether you are looking to compete in your first 5K event or simply want to get fit, this new group will provide you with fully led sessions to enable you to achieve your goal.

Run by highly experienced and qualified leaders who are runners themselves, our popular course will take you from 0 to 5K in 16 weeks. We build very gradually, with training sessions on a mixture of track, grass and road.

No running experience is needed!

MEN GET RUNNING

TO REGISTER CLICK [HERE](#) OR FOR FURTHER
INFORMATION EMAIL MENGETRUNNING@GMAIL.COM
OR GO TO WWW.RANDNAC.ORG



Image courtesy of Nick Wolstenholme



Rugby Runners is the road running arm of Rugby & Northampton Athletic Club catering for all ages, experience and abilities from absolute beginners to elite runners. Whether you are looking to compete in your first 5K, to improve your stamina or pace over 5K, or 10K or step up to a half marathon, marathon or even an ultra marathon, we have coaches who can help and groups of runners that you can join.

ONLY
£30