

EPSOM ALLSORTS RUNNING CLUB

New beginners group

Starting Sunday 27 January 2019



Why not join us for the 2019 beginners running group starting on 27 January 2019. Ideal for those new or returning runners, the sessions alternate between jogging and walking.

Over several weeks you will build your running to the point where you can complete a continuous run. Each session will begin with a gentle warm up and end with a cool down and stretch.

The 14 week course is open to all women over the age of 18 and is ideal for anyone wanting to start running in an enthusiastic, fun and friendly environment.

We aim to keep groups reasonably small in order to make sure everyone benefits from the support they need and as a result we do have to limit spaces.

Pre-registration is required, places will be on a first come basis.
For more details please email:

beginners@epsomallsorts.org.uk