



# LADIES

**5k in 10 Weeks?**



**Social, fun, beginners running group for women**

We are starting a course aimed at the absolute beginner, the group will use walking and gentle running to improve health and fitness. Everyone will be supported to go at their own pace.

**SUNDAYS 10 - 11AM**

**Starting 9th October 2011**

**For 10 Weeks**

**INTERESTED? Please email to register**

This course will conclude with a celebration 5k event which can be walked, jogged or run - "5k your way"!

**Meet at Bro Dyfi Leisure Centre**

**£2.00 per session (non members)**

**£1.00 per session (Cerist Tri Club members)**

**(All proceeds return to Run Your Life for re-investment)**

**Please wear suitable clothing and footwear**

The group will be lead by volunteers who are qualified and licensed  
UK Athletics Running Fitness Coaches

**Course Leaders: Kim, Lou and Nikki**

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