

WANT TO GET INTO RUNNING?

JOIN US FOR A FREE RUNNING CLUB TASTER SESSION

Come along and join our friendly running club for middle distances (800m to 2k+). It's a great way to get fit, meet new friends, and compete in various races. We train at TVAC and The Lookout Centre, Bracknell and welcome children 8 - 15 years. Contact coach Shireen on: 07715 766638 / shireen.higgins1@gmail.com



Albert R - *"The training helps you get faster and improve your technique, and everyone is welcome, no matter their speed."*



Lily B - *"I have made lots of new friends at the club, and my running has improved lots too!"*



Eddie E - *"It's always fun and great to run with other people. I also enjoy the challenge of racing and being part of a team."*

