



Beginners Running Group Starting 11th April

Join our fun running group in the countryside around Melksham. Whatever your reason for running, to lose weight or just keep fit, this is the perfect opportunity.

We welcome all shapes & sizes and take it really slowly to start, so don't be scared, come and make some new friends.

Contact

Andrew Hoddinott
07855 527740

Or

Tammy Phillips
07411 176127

Email

new@avonvalleyrunners.org.uk

**Only £15 for 8 week course including
free AVR Membership until 1/1/2013**

**Wednesday 11th April 2012 at 6.45pm
Christie Miller Sports Centre
Melksham. SN12 6QU**