



Would you like to start running?



# Get Running Newcastle

Get started with Newcastle Beginner Group  
**FREE** 6 week courses

**At Newcastle Community Fire Station – Knutton Lane (ST5 2SL)**

**Mondays 6:30pm – 7:30pm**

**Starting Monday 5<sup>th</sup> October 2015**

A progressive **6 week course** from walk/jog

Led by friendly qualified leaders

All ages and abilities welcome but must be over 16

**Give running a go!**

For further information or to sign up please contact Rebecca Ibbs

Email: [rebeccaibbs@gmail.com](mailto:rebeccaibbs@gmail.com) Mobile: 07837412126

Thank you to the Newcastle Partnership who have provided funding to support beginner running groups within the Staffordshire Athletics Network

