



GET
YOUR
TRAINERS
ON

WITH
SOUTH MOLTON STRUGGLERS

COUCH TO 5K BEGINNERS RUNNING GROUP

10 Week Programme

Starting Wednesday 6th February

7pm in the Pannier Market

Open to all whether you've run before or not

To register your place please fill in the form available
at southmoltonstrugglers.co.uk/couchto5k and email
to Julie

juliecolman78@gmail.com 07766 913724

