

*South Molton Strugglers*

# ***COUCH to 5K*** ***FREE***

***10 Week Running Programme***



**Starting 24th May - 7pm**

Meet at the rear of the  
Pannier Market  
Registration Form  
Available Online



**[southmoltonstrugglers.co.uk/couch25k](https://southmoltonstrugglers.co.uk/couch25k)**