



Handy Cross Runners

Will be restarting their popular sessions for Beginning Runners on Wednesday January 4th and continuing each Wednesday thereafter at Wycombe Sports Centre. Meeting by the gate to the Athletics Track at 7:00pm. The schedule for each evening will consist of a warm up followed by mobility exercises, then a structured programme of walking and running dependent on each individuals ability, a cool down period and finally some stretching exercises. The whole session will last around an hour and a half. The emphasis will be to make these sessions as enjoyable and as much fun as possible. These are free of charge to all those who take part as we hope that people will progress enough with their running to a point where they will want to join our mainstream club. If anyone would like more information they can contact me on 07947309923 or at mikehick@btinternet.com otherwise please just turn up on any Wednesday evening.