

England's recreational running community

# Get Running



## Handy Cross Runners Sessions for Beginners.

Starting 4<sup>th</sup> January 2012

Wednesdays 7:00pm until approx 8:45pm.

Meeting by the wooden gate that leads from the middle car park to the athletics track at Wycombe Sports Centre, Marlow Hill.

Sessions are free of charge. No need to book in advance, just turn up on the evening.

For further information, please contact

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Whatever your reasons for wanting to run, be it weight loss, health and fitness improvement, stress release, or social. Come and run with us and find out how enjoyable it can be.



visit [www.runengland.org](http://www.runengland.org) for further information