



## Beginners Running Course

It's that time of year again! The local Cancer Research 'Race for Life' 5Ks are being held on **21<sup>st</sup> June** at Hylands Park, Chelmsford and **5<sup>th</sup> July** at Great Notley Country Park, Braintree

Witham Running Club is offering a '**Beginners Running Course**' organised and run by UK Athletics qualified coaches and designed to help you achieve your goals.

Everybody is welcome - from 18 to 80, absolute beginners and those returning to running after a break.

The course starts week commencing 27<sup>th</sup> April, targeting the Chelmsford Race for Life. Cost to non-WRC members is £10, all proceeds going to Cancer Research UK.

For more details visit [www.withamrc.org.uk](http://www.withamrc.org.uk), contact Lorraine on 01376 511424 or email [coach@withamrc.org.uk](mailto:coach@withamrc.org.uk)