

**Keen to get fit?  
Train with expert support?**

**Basingstoke & Mid Hants AC invite you to join in for  
a spring "Couch to 5K" challenge**



**Starts on Monday 1<sup>st</sup> April 2019  
Down Grange, Pack Lane**

**A 10 week programme on Monday evenings  
from 6:30 to 7:15pm**

**The target: A Basingstoke 5k Park Run at Memorial Park**

Cost: £25 per person Adults only  
(Fully refundable if you then join the club)

For more information please contact:

**Jenny Froud**

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