

# Want to Start Running?

**Basingstoke & Mid Hants AC invite you to come and join us for our first ever "Couch to 5K" challenge**



**Starts on 20th June 2016**

**A 10 week programme on Monday and Wednesday evenings from 7pm to 7:45pm**

**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 course leader **JENNY FROUD**

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