



## WOMEN'S RUNNING GROUPS

Come and join us on one of our 10 week running programmes, designed to help the complete beginner start running in a fun way. We have 14 groups available to choose from:

### AMESBURY

Group 1:	Thursdays	7pm—8pm	starts 11th September 2008
Group 2:	Saturdays	10am—11am	starts 13th September 2008
Contact:	Lisa Roach:	01980 622173	lisaroach@wiltshire.gov.uk

### TISBURY

Group 1:	Tuesdays	11.30am—12.30pm	starts 9th September 2008
Group 2:	Tuesdays	5.30pm—6.30pm	starts 9th September 2008
Contact:	Sharon McGookin	01747 871141	smcgookin@salisbury.gov.uk

### SIXPENNY HANDLEY

Group 1:	Wednesdays	9.10am—10.10am	group just started
Group 2:	Thursdays	6.30pm—7.30pm	group just started
Group 3:	Saturdays	10.30am—11.30am	starts 6th September
Contact:	Cara Jenkins	01725 552242	carajenkins@btinternet.com

### SALISBURY (From LA Fitness)

Group 1:	Tuesdays	1.30pm—2.30pm	starts 9th September 2008
Group 2:	Thursdays	9.30am—10.30am	starts 11th September 2008
Contact:	Alex Grigg	07795 026220	agrigg2004@yahoo.com

### SALISBURY (From Five Rivers Leisure Centre)

Group 1:	Wednesdays	1.30pm—2.30pm	starts 10th September 2008
Group 2:	Thursdays	6pm—7pm	starts 11th September 2008
Contact:	Kathy Harvey	01722 339966 x242	kharvey@salisbury.gov.uk

### SALISBURY (From Five Rivers Leisure Centre)

*Group 1:	Mondays	6.30pm—7.30pm	starts 8th September 2008
*Group 2:	Fridays	1.30pm—2.30pm	starts 12th September 2008
*Group 3:	Sundays	10am—11am	starts 14th September 2008
Contact:	Trish Cowie	07887 538512	tcowie@salisbury.gov.uk

**COST:** All new groups cost £40 for a 10 week course (includes a T-Shirt, water bottle and membership to the Women's Running Network)

Existing sessions (those marked \*) cost £2 per session. Women must have completed a 10 week course before going onto a weekly payment

**Phone, or e-mail, the lead contact for each session to find out more information and to book your place—PLACES ARE LIMITED**

