

New Year Network Run!



Bradgate Park – Newtown Linford Entrance

SUNDAY JANUARY 5TH

All clubs are invited to join in for a New Year run and a chance to get together afterwards.

All abilities welcomed.

Choose from two runs;

RUN # 1

With a month to go to the Charnwood Hills race there will be an opportunity to run either all or part of the course with those of a similar standard. Up to 12 miles approx. **Start at 10am**

RUN #2

Coached session – up hill / down hill running. An opportunity to improve your running both on the road and cross country. Approx. 1 hour session **10.30 start**

POST RUN GET TOGETHER 12 noon

BRADGATE ARMS, 15 STATION ROAD CROPSTON LE7 7HG

<http://www.bradgatearmspub.co.uk/>

For more information or any queries please contact

JOHN.SKEVINGTON@HOTMAIL.COM

Please note that although all efforts will be made to find someone of your own standard to run with on the day no guarantee can be made. The coached session will involve running up and down hill – please wear appropriate footwear and clothing for the conditions!

Food is available at the pub – please book a table directly with the pub in advance if you want to eat.

THE USUAL BRADGATE PARK PARKING CHARGES WILL APPLY.