



COUCH TO 5K COURSE

LED BY ENGLISH ATHLETICS QUALIFIED RUN LEADERS/ COACHES

A 9 WEEK COURSE FOR BEGINNERS STARTING ON 22ND SEPTEMBER 2023
MEETING AT CHIPPING SODBURY FOOTBALL CLUB AT 6PM

£35 FOR WHOLE COURSE

HOGWEED TROTTERS ANNUAL MEMBERSHIP INCLUDED UNTIL APRIL 2024

ONLY 10 PLACES AVAILABLE!

CONTACT HOGWEEDMEMBERSHIP@GMAIL.COM

TO BOOK YOUR PLACE

