

[www.runnersmentor.com](http://www.runnersmentor.com) presents



# BIG PARK RUNNERS

**C25K FOR BEGINNERS (free\*)**

**Mondays 6pm – 6.30pm**

**Wednesdays 12pm – 12.30pm**

**COACHED RUN FOR IMPROVERS (£3.50)**

**Wednesdays**

**10am – 11am**

**WHERE**

**Gateway Cafe**

**Centenary Park, Peacehaven**

**SIGN UP**

<https://groups.runtogether.co.uk/RunnersMentor> / Call 01273 519149

## BEGINNERS

**New Couch to 5K course. Go from zero to 30 mins non-stop running in 9 weeks! Free, fun, friendly. Mondays 6pm and Wednesdays 12noon. Starts 15/17 October. This session is free\***

## IMPROVERS

**A sociable weekly workout to help improve your fitness and running with like-minded people and a run leader who caters for all levels.**

## QUESTIONS TO:

[leo@runnersmentor.com](mailto:leo@runnersmentor.com)

● ● ● ● Sussex  
● ● ● ● Community  
● ● ● ● Development  
S C D A Association  
Health & Well-being

*\*Funded by SCDA and course go-ahead subject to minimum numbers*