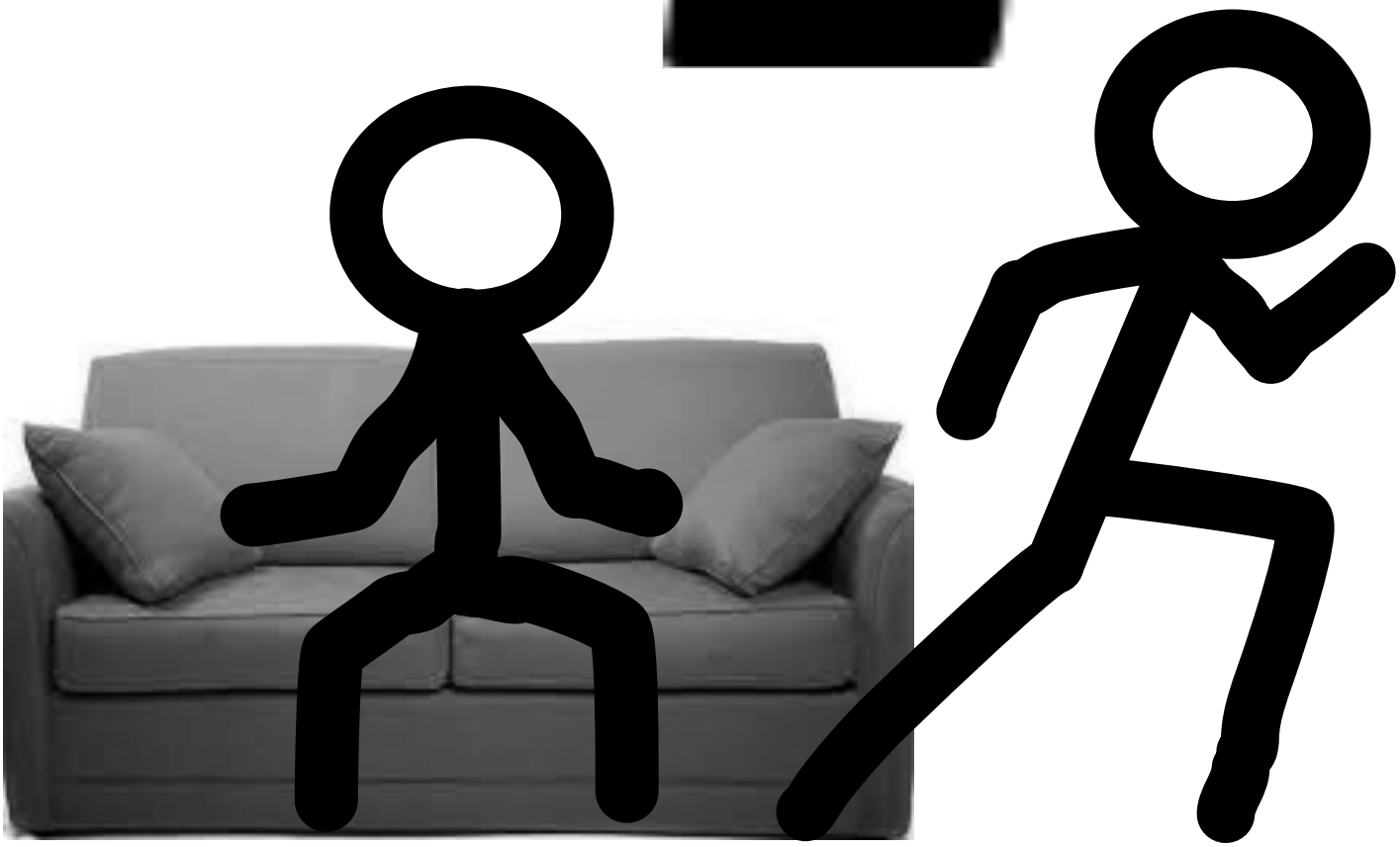
Couch 2 5k



8 week course culminating in running your first Salisbury ParkRun on the final week.

30 minute session every Wednesday evening commencing on Wed 22nd Feb 17 in Shrewton.

Hosted by Shrewton Running Club

For further details please contact the course leader karenmills135@gmail.com
Or ring Nick on 07795 567927

This is a FREE course but pre-registration is required.