



Ladies Running

from the
Northgate Arena Leisure Centre
Chester CH2 2AU:

With a friendly encouraging atmosphere
the mixed group meet every week
on Monday & Thursday
in the foyer at

6.30pm

leave
at

6.40pm

We are out for about an hour although less can be accommodated for newcomers

The sessions have been held since November 1995.

Just turn up
or Contact

Mike Lamb using 'Road running officer' via <http://www.westcheshireac.co.uk/contact/>
or ring 0151 355 2520

More Info at: <http://www.westcheshireac.co.uk/home/training/> - click relevant seasonal 'Schedule'