



ITCHEN SPITFIRES RUNNING CLUB

COUCH TO 5K

New Year, New You!

Have you ever seen those idiots running along in the wind and rain and thought, "I'd like to try running one day"? Well now is your chance! In just 9 weeks you can go from a complete non-runner to completing a 5k parkrun on Southampton Common on the 16th March 2019.

Every Wednesday 6:45pm at 'The Feather'



**Become a runner
in just 9 weeks
with our qualified
run leaders!**

**Meet likeminded
people all wanting
to be healthier
and happier!**

**To register email;
[itchenspitifiresrc@
gmail.com](mailto:itchenspitifiresrc@gmail.com)**

**Possibly the best
£15 you will ever
spend!**

**MILLENIUM GARDENS
'The Feather'**

Oakbank Rd, SO19 9DT

www.itchenspitifiresrc.co.uk

Starting 16th January 2019

Graduation 16th March 2019