



Are you looking for a local,
friendly running club?



Chasewater Running Club

Monday, Tuesday, Wednesday & Thursday 6.30 – 7.30pm,
Tuesday 9.45 – 10.30am (term time only)

Saturday 8.30 – 9.30am & Sunday 9.30 – 10.30am

Sessions are **FREE** and are designed to help you increase speed and distance!
All runners must be able to run a minimum of 3 miles, pace no issue!

All ages and abilities welcome but must be over 16

PLUS

Regular **FREE** progressive 6 week beginner running courses for new runners

Next courses starting Tuesday 20, Saturday 24 & Friday 30 September

Tuesday 9:45 – 10:30am & 6.30 – 7.15pm,
Friday 9:45 – 10:30am & Saturday 8.30 – 9.15am

For further information please see www.chasewaterrc.co.uk

Email: chasewaterrunningclub@gmail.com, Facebook & Twitter: Chasewater Runners



Thank you to Chase Community Partnership who have provided funding to support beginner running groups within the Staffordshire Athletics Network

