

FROM COUCH TO 5K



NEW YEAR, NEW START RUN YOUR FIRST 5K IN 8 WEEKS

I am a recreational runner who is
looking to take a group of
non -runners and help them train to
5K distance.

If you ever thought running was not
for you, think again...

(The start point and training will always be within Hereford city limits)

For more info contact
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