



BLACKBURN COUCH TO 5K



FREE RUNNING PROGRAMME

For young people and adults with additional needs who are able to run independently

Learn to run for 2 miles in 10 weeks!

**EVERY SAT MORNING AT 9AM
18.04.2020 TO 20.06.2020
WITTON PARK, BLACKBURN**

For more information, please telephone
Nigel Dixon on 07919 628169

REGISTER: MYCOUCHTO5K.CO.UK/2MILES

