



go4distance@ashfordac

Cross Country Running



- Do you enjoy running?
- Are you Year 7 or 8?

Then this could be for you. Come along and join Ashford AC's new cross country running section and benefit from training sessions delivered by qualified and experienced coaches.

Starts on Saturday 29th November

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Sandyacres, Sandyhurst Lane, Ashford

10.30am – 12.00pm

First session is FREE (normally £2.50)

Early booking recommended due to limited places

Interested? Then contact

Dee Langford 01233 629534/07984 313416

Gill Jukes 01233 621627

Have Fun Get Fit