

FLEET & CROOKHAM

Athletic Club



*Organisers of the Fleet Pre-London
Half-Marathon & Fleet 10k*



TO



Couch to 5k Course for Beginners

Starts Tuesday 24th May at 7:00 pm at the club HQ.

Course costs just £40 for 9 weeks & free club membership for the remainder of the current membership year with optional £13 England Athletics fee.

Payment by cash/cheque (payable to Fleet & Crookham AC) is due on first night. We are located by the Peter Driver fields behind the Tweseldown PH.

Please tell your friends who may be interested - limited to 20 places so don't delay!

Email C25KFCAC@gmail.com to reserve a place.

What You Will Achieve

- ◆ An opportunity to start running for fun and get fit.
- ◆ Course is based on NHS running plan but with the advantage of running with like-minded people.
- ◆ Receive training advice from qualified coaches and experienced runners.
- ◆ The goal is to take part in the Frimley Lodge parkrun on Saturday 23rd July and be confident to complete the 5k route.

Find us on Facebook: [Fleet and Crookham AC Private Group](#).

Please visit our website for details of the club: www.fleetandcrookhamac.org.uk **POSTAL ADDRESS:**
PO BOX 1, FLEET, GU52 8GU

F&CAC is Registered Charity 1156074 - Helping to raise funds for the promotion of community participation in healthy recreation and the provision of facilities and coaching for all running/athletics disciplines in the Fleet area.