

Running Club

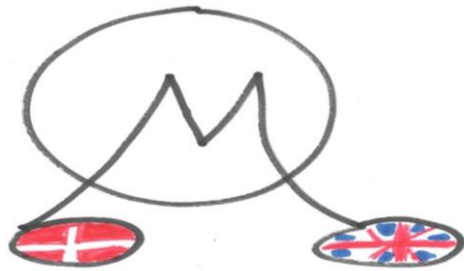
It's getting cold so don't forget to dress warm; hat, gloves, long sleeves, leggings/tracksuit bottoms

Free upcoming events:

Sunday the 3rd of December 10.45am; Epsom cross country juniors. 2.2k. The race will take part on Epsom Downs with start/finish off the car park at Tattenham corner road and London Road(KT185PP). To register please contact info@sheenshufflers.co.uk

Sunday (all year) 9am: Free timed **2k Junior PARKRUN**. Great fun for 4-14years old. All you need to do is register. To find your nearest junior parkrun: <http://www.parkrun.org.uk/events/juniorevents/>

Best Louise & Stephen



Oldfield-McDuell Running Fitness