

ABBEY DASH WEEKLY TRAINING CLUB

8 WEEKS FOR ONLY £30!



Running the Abbey Dash 10K?

Why not join our 8 week running club and get that PB you're after!!

Starts Saturday 24th September

9am @ Roundhay Park

Meet at the Top Car Park (near the Rose Gardens)

Only £30 for 8 weeks or £4.50 per session.

Non-Abbey Dash runners also welcome. Don't worry about what pace you are, the club is open to all abilities.



To book or for more information, call **0113 243 0161**
or email north@m8group.co.uk