

BILLINGHAM MARSH HOUSE HARRIERS

LET'S GET **RUNNING**

INTRODUCING COUCH TO 5K WITH BMHH.

EVERY MONDAY & THURSDAY @ 6:30PM

STARTING 9TH JANUARY 2025

START YOUR RUNNING JOURNEY WITH SUPPORT AND STYLE. BMHH IS OFFERING NEW SESSIONS AIMED AT **BEGINNER RUNNERS.**

FOLLOW THE COUCH TO 5K PROGRAM WITH GUIDANCE FROM YOUR PEERS AND OUR FRIENDLY COACHES.

ALL ABILITIES WELCOME. AGES 18+ NO PRIOR RUNNING EXPERIENCE REQUIRED.

JOINING US? LET US KNOW! FOR FURTHER INFORMATION OR EXPRESSING INTEREST, CONTACT US USING ANY OF THE DETAILS OR SOCIAL MEDIA BELOW.

NORTON SPORTS CHARITY
74 STATION ROAD,
NORTON,
STOCKTON ON TEES,
TS20 1PE

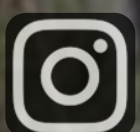
WEBSITE



FACEBOOK



FIRST 3 SESSIONS ARE FREE!
WWW.MARSH-HOUSE.ORG
CONTACT@MARSH-HOUSE.ORG



BMHHRUNNING

BILLINGHAM MARSH HOUSE HARRIERS OFFICIAL GROUP

