



PRESS RELEASE

A new running group for complete beginners is starting up in Preston and Hedon.

It's all part of the 'Run in England' scheme which is aimed at newcomers, or anyone who hasn't put their tracksuit and trainers on for many years. This is definitely not for more experienced runners, but gives everyone the chance to take some regular exercise without feeling as if they've been left behind. Beginners will take things very much at their own pace.

The scheme is backed by England Athletics and organised by the hugely successful Women's Running Network which has more than 3,000 lady members nationwide. Now their aims have widened to include mixed sex groups, schools, workplace and families. It will be very much community based.

These are exciting times for the Network, which is also officially recognised by Sport England. It's making a real impact in changing the lives of thousands of people across the country. The organisation is about much more than just running, with members enjoying new friendships and a fun and sociable way to take regular exercise without the pressure of competition.

Everyone is welcome to join up, whatever their age, size or ability, and a fully trained group leader will make sure that you're well looked after and having loads of fun.

If you'd like to give it a go, please contact group leader Bradley Robinson on 07501887084.

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www.runinengland.co.uk