

Road runners – come and meet top veteran runner



Nottinghamshire
Athletics Network

Andy Ward

For a talk and Q&A session on
Training for Road Runners

Saturday 19 July 2014, 10:30am

Manor Sport & Recreation

**Kingsley Avenue, Mansfield Woodhouse
Nottinghamshire NG19 8JY**

**FREE
session**
No need to
book

Prior to the session, runners can take part in the Mansfield Park Run or join a group training session on the grass parkland.

- ◆ This is a FREE session
- ◆ No need to book – just turn up
- ◆ Meet for a 9:00am start for Park Run or training session
- ◆ Changing and showers available
- ◆ Free tea, coffee and biscuits at the talk
- ◆ All standards of club and recreational runner welcome



Organised by Nottinghamshire Athletics Network

For further information contact:
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