

England's recreational running community

# Get RUN ENGLAND

# Running



## Couch 2 5km

### Fleckney & Kibworth Running Club

Starting Thursday 17<sup>th</sup> January 2019 7.15pm

The Methodist Church Hall, Kibworth  
Beauchamp

For more information please contact  
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[www.fleckneyandkibworthrunners.co.uk](http://www.fleckneyandkibworthrunners.co.uk)

Fleckney & Kibworth running club are running a C25km program, this will be over 9 weeks every Thursday and is designed for the total beginner. This is a great way to keep fit and loose a few pounds in the process, the cost will be £10 for the 9 week program.

**Add contact info here if applicable**



visit [www.runengland.org](http://www.runengland.org) for further information