



**New Ladies Only
Running Group**

**Every Friday
Morning**

**09.30am -
10.30am**

**Run by Qualified
UK Athletics
Coaches**

**Watford Harriers
Athletics Club
Woodside Stadium
Horseshoe Lane
Watford
WD25 7HU**

03.08.18

 Watford Running Fitness
#WatRunFit

TRACK START WOODSIDE

A (ladies only) beginner's introduction to track running and athletic fitness!

Come and join a fun and friendly beginners group and get a real feel for what it's like to train on a proper athletics track in a proper athletics stadium! #TrackStart



**everyone
ACTIVE**



**WATFORD
BOROUGH
COUNCIL**

**Watford Running
Fitness**

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Affiliated to England Athletics through

Run Together

**Find us on Facebook, Twitter &
Instagram!**