



# AMPTHILL & FLITWICK **FLYERS**



Founder: Steve Jordan [www.affrunningclub.org.uk](http://www.affrunningclub.org.uk) President: Phil Bierton

## COUCH TO 5K BEGINNERS RUNNING GROUP

**Amphill & Flitwick Flyers** are running two **free** couch to 5K groups starting in May.

Come join a fun and friendly group led by experienced coaches and runners from the **Flyers**, aiming to take you from the couch to running a 5K parkrun in 8 weeks.

We will run two groups a week. The first group will start at 6.30pm on a Monday evening and the second group on Friday morning at 9.30am.

Exact start dates will be published shortly, once we have sufficient participants.

Each group will be limited in size and you will need to commit to attending the full course before a place can be allocated to you.

In order to reserve a place on one of the course's please email

[C25K@AFFRunningClub.org.uk](mailto:C25K@AFFRunningClub.org.uk)

