

UP AND RUNNING

FREE [SPACES LIMITED]

WOMEN AND GIRLS ONLY

QUEENSWAY STADIUM

AGE: NO AGE LIMIT

DAYS: MONDAYS AND WEDNESDAYS

TIME: 5.30PM

AN 8 WEEK COACHED COURSE

COME AS YOU ARE, LEAVE AS A RUNNER

Sign up by contacting Active
Wrexham or scan the QR code

Ages 12-16



16 and over



For more information, email activewrexham@wrexham.gov.uk

