

IMPROVERS SCHEDULE

OCT 2025

- **7th Oct** - Circular including fartlek
- **14th Oct** - Hills
- **21st Oct** - Circular
- **28th Oct** - Food bank run
- **31st Oct** - Sunrise Social Halloween 5k
6.30am

FOR MORE DETAILS VISIT WWW.RUNLIKEAGIRL.ORG.UK



£3 per session.

Improvers sessions must be booked in advance. Routes are emailed out on the day.