

# IMPROVERS SCHEDULE

- **Sept 3rd**- Timed mile with circular 5k to follow
- **Sept 10th** - Saxon Mill 5.5k or 7k option
- **Sept 17th** - Newbold 5k or 7k
- **Sept 24th** - Out & Back 5-7k

SEPT 2024

FOR MORE DETAILS VISIT [WWW.RUNLIKEAGIRL.ORG.UK](http://WWW.RUNLIKEAGIRL.ORG.UK)



£3 per session.

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