



Want to start jogging? Need to get fit?  
New to running & want to do more?

Silson has runners of all abilities who get together every week to keep fit. Each Sunday there is also a **beginners group** so everyone runs at their own pace.



www.silsonjoggers.org.uk



Come along one Sunday morning for a jog, a cup of tea and usually a piece of cake!

We start at 9.30am from different locations - see the Training area on our web-site for more info or call Graham on 01327 341009

