

SILSON JOGGERS AC

Enjoy running?

Like keeping fit?

Think you could be a good runner?



Silson has many Junior runners who train every week at **Sponne School**, **Sixfields** athletics track and even on the **Silverstone** Grand Prix circuit!

Silson Juniors take part in local races and club competitions



Come along to a training session and try it out

Visit our web-site or email

[membership@](mailto:membership@silsonjoggers.org.uk)

silsonjoggers.org.uk

www.silsonjoggers.org.uk