



### **New Joggers and Plodders**

**A new Joggers and Plodders course is starting on Tues 2<sup>nd</sup> May 7.00pm at the Tom Mann Pavilion in Newark. The first session will be a meet the NOTFAST RUNNING CLUB MEMBERS – Registration and a rundown of the course.**

**A Hi Vis vest will be loaned and a gentle run/walk completed.**

**The course will last 10 weeks and the cost will be £10.**

**There will be runs for the Joggers and Plodders on Sunday mornings to be arranged.**

**Looking forward to meeting all new Joggers and Plodders.**

**For details and any further information please contact Ernie Clarke on 01636626663 or**

**07805847522 or e-mail at**  
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