

PRESS RELEASE

For Immediate Release

22nd February 2011

New Beginners Running Club

Haverhill Running Club has produced a new 'beginners' running club dedicated to people who wish to improve their health and fitness, from 7:00 - 8:00pm Thursday 3rd March, meeting at Haverhill Leisure Centre, with funding from the West Suffolk LSP.

The Beginners Running Club is a 10 week course and structured around the national England Athletics programme for people who are just starting out. The programme is designed to help each individual improve their fitness and with the course being run by the Haverhill Running Club, those who join can feel comfortable that the current members were beginners once too.

The 10 week course, which involves walking, jogging and running in the outdoors, costs £40 and in return each beginner receives full first year membership to Haverhill Running Club, registration to 'Run In England', technical running top, water bottle and discounts from sports shops.

Trevor Bunch, Club Chairman, has seen these courses really help people, **"A beginners course is great for someone who wishes begin light walking or jogging exercise. We also find that with charitable occasions, such as Race For Life, people want to improve their fitness. This course is perfect for people who want to take that first, simple, easy step."**

By the of the 10 week programme, each runner will be able to cover 5km and have built up their fitness, health and confidence. It also creates an opportunity to meet other like minded people.

Haverhill Running Club

If you'd like to know more or reserve a place on the course, contact Trevor at t.bunch@sky.com.

-- ENDS --

Notes for Editors

Haverhill Running Club

Haverhill Running Club has approximately 50 members, from beginners to the experienced, young and older people. Its members come from Haverhill and the surrounding villages, meeting Tuesdays and Thursday each week.

The activities are based outside and take people through Haverhill and the local countryside.

The club is also part of the Greater Cambridge Athletics Network and competes in inter-club competitions against Newmarket, Saffron Walden, amongst others.

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West Suffolk LSP

West Suffolk Local Strategic Partnership is an umbrella organisation that brings together public sector organisations (such as local councils, Police and Primary Care Trusts) and representatives from local businesses and voluntary or community groups.

Haverhill Running Club

They work together to make life better for residents, organisations and businesses in West Suffolk by concentrating on issues such as health and well-being, specific needs of people, community safety, local skills, training and the environment.

LSPs are government-created and the West Suffolk LSP covers Forest Heath, St Edmundsbury and the western part of Babergh.

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