

IGNITE YOUR RUNNING MOJO



Regency Runners prides itself on being a fun, sociable and friendly group for ladies of all ages and running powers. We welcome anyone who wants to run, whatever your reasons and whatever your goal.

Whether you want to start from scratch or rediscover your love for running, Regency Runners have organised a series of sessions on Thursday evenings to help with your running journey. This tailored introduction to running has been designed to support all abilities and to help integrate both beginners and regular runners into our weekly sessions.

The 10-week session starts at 7pm Thursday 22nd September at the Pump Rooms in Leamington Spa.

For more info email regencyrunners@gmail.com or visit www.regencyrunners.co.uk

