

**GET THOSE FEET MOVING!
SHED THOSE CHRISTMAS CALORIES**

Couch to 5k

**Starts 6pm Thurs 13th Jan
North Oxon Academy**

Athletics Track

**Qualified coached sessions
10wk Course - £2/week !**

Email to join up! Secretary@BanburyHarriers.org

**Banbury Harriers
Athletics Club**

