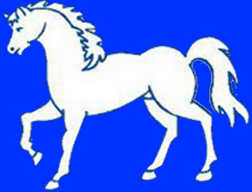


Run Leeds @



Horsforth

Learn to run with the Horsforth Harriers Absolute Beginners

A six week course, (first 3 weeks free), starting on
Tuesday 20th September 2011, at 7:00 p.m.
From Horsforth Hall Park Cricket Pavilion.

For further details, or to register your interest,
visit our website at;

www.horsforthharriers.co.uk/absolutebeginners.php
or e-mail: absolutebeginners@horsforthharriers.co.uk
or ring Hilary on 0113 250 5673

For more information on **Run Leeds** see: www.leedsathletics.net/runleeds.htm



Horsforth
Harriers

If you have not exercised strenuously recently, please consult your doctor before starting