



# RUNNING COURSES

**SOUTH-EAST LONDON'S FRIENDLIEST RUNNING CLUB**

## BEGINNERS : 5K-5MILES

For anyone completely new to running or returning after a break, our tried-and-tested course, led by a UK Athletics qualified coach, will get you off the couch and running confidently.

**WHEN:** Saturday 2 September  
**TIME:** 8am and 9am  
**WHERE:** Dulwich Park  
**HOW LONG:** 8 weeks  
**COST:** £40

If you are already confident at 5k and would like to progress your distance at a comfortable pace, this course led by a UK Athletics qualified coach is the one to choose.

**WHEN:** Saturday 2 September  
**TIME:** 10am  
**WHERE:** Dulwich Park  
**HOW LONG:** 5 weeks  
**COST:** £25

**DPR's beginners course has given me the motivation to run. The support has been key to my success.** Gill

**I'd never run before, had no self-confidence and no fitness – DPR believed in me before I believed in myself!** Claire

**The coaches know how to bring the best out in everyone and over 8 weeks they'll transform you, whatever level you're starting from.** Mark

For more information and to register visit:

**DULWICH PARK RUNNERS.CO.UK**



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