

Tuesday Run commencing 28th February. With Alys Kays & Yvonne Hung

Meet at Vimto Statue ready to run at 5pm.

It will be beginner focused so will follow the couch to 5k programme which I guess we will rotate round

Intermediate runners are also welcome to join. We would amend the session dependent on ability but the focus is on the beginners

The runs will happen either along the canal towards Castlefield or in Ardwick Green. As the runners progress we will take them out onto the Ashton canal towards Etihad Stadium

The first session is on 28th Feb. They are already on RunTogether and people ideally should book in in advance.

<https://groups.runtogether.co.uk/UniversityofManchesterStaffPGRunningGroupDenmarkRoad/Runs/Summary/93906e0a-f80c-42d5-9f95-a5fed2a85dc5>

We will post information about all our north campus runs on our FB group

<https://www.facebook.com/groups/UoMNorthCampusRunClub/?ref=bookmarks>