

New Year, New You, New to Running?

Take your first steps with a Run! City Portsmouth Group.

The Run! City Portsmouth project is an initiative between Run England and Portsmouth City Council to help you start (or return to) social running.

Running, jogging, plodding, speed walking – however you wish to label it – has many benefits. These include improving overall health and fitness, preventing disease, improving confidence and mood, eliminating stress and helping towards weight loss.

The qualified leaders taking the courses all have experience of the fears people can have about trying something new. Their role is to help you to have an enjoyable introduction to running and to achieve your goals.

Most groups will follow a 10 week programme, which builds week by week. Each course will have a 'graduation' event at the end of their programme and each member will receive a £15 Sweatshop voucher as part of their Run England registration.

For more information, see the Run! City Portsmouth Facebook page, or contact the group leader directly.

Run!
City 
PORTSMOUTH



NEW Running and Speed Walking Programmes for Beginners

These 10 week, progressive courses, starting in January 2016, are aimed at people wishing to start running or speed walking. Courses cost between £10-£20 and include full instruction and support by a qualified Running Leader.

Enquire directly with the Run Leader to secure your place.

Baffins Fit Club Beginners Course

Mondays @ 7pm, Baffins Community Centre (starts 11 Jan)

Leaders: Julie Fuller & Helen Mayhead

Tel: 07751 072911 Email: mrsmayhead@icloud.com

Portsmouth Joggers Couch to 5km Beginners Course

Tuesdays @ 7pm, Lakeside North Harbour (starts 12 Jan)

Leaders: Alison & Mandy

Email: pjc-c25k@hotmail.com

Buckland Couch to 5km Beginners Course

Wednesdays @ 2pm, Buckland Community Centre (starts 13 Jan)

Wednesdays @ 7pm, Buckland Community Centre (starts 13 Jan)

Leader: Tim Hardy

Tel: 07999 934075 Email: bucklandc25k@gmail.com

Port Solent Beginners Course

Mondays @ 6pm, David Lloyd car park, (starts 18 Jan)

Leader: Sarah Gardiner

Tel: 07915 649450 Email: sgardiner@englandathletics.org

Mountbatten Couch to 5km Beginners Course

Tuesdays @ 6pm, Mountbatten Centre car park (starts 19 Jan)

Leader: Helen Mayhead

Tel: 07505 064129 Email: mrsmayhead@icloud.com

Pyramids Return to Fitness Group (6 week course)

Express 0 to 5km course

Fridays @ 10am, Pyramids Centre (starts 22 Jan)

Leader: Sarah Gardiner

Tel: 07915 649450 Email: sgardiner@englandathletics.org

SWALK (Speed Walk) Portsmouth

For those wanting to improve aerobic fitness through speed walking

Fridays @ 12 noon, Charles Dickens Statue, Guildhall Square

(starts 29 Jan)

Leader: Denyse King

Email: djkirkby@gmail.com

New courses will start again in March

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