



## Running Club.

Inspired by Sir Mo?

Want to get ready for the cross country season or just want to improve your speed and fitness?

Why not come to run fitness club with Mrs Heptinstall?

Mondays 3.15-4.15pm in the new hall. (Weather permitting outdoors).

Wear comfortable sports clothes and trainers and bring a light weight waterproof jacket and water bottle.

12 places available years 4-6 on a first come first served basis.

Deadline for replies Thursday 19<sup>th</sup> Oct.

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MRS HEPTINSTALL.

I am interested in my child \_\_\_\_\_

attending running club. They are in class \_\_\_\_\_

I understand that I must be at school to collect my child from the front entrance at 4.15pm.

Signed (parent/carer).