

Starts Wednesday 15/10/14

Introducing the Wednesday night's head torch runs or walks!

Featuring the **“frightening four mile time trial”**

WHEN – Every Wednesday evening @ 6.30pm walkers start at 6.00pm.

WHY – A weekly timed 4 mile run/walk just you against the clock!. Try and beat your PB each time you are able to turn up.

WHERE – WOOLER bus station to Middleton hall & return.

HOW IT WORKS – register on the night at Wooler bus station. You will be given a number; this will be your number each time you are able to make the runs. The runs are timed – then it's up to you to try and beat it!!

Cost -£1 each time you run. All proceeds to local charities.

Route – start Wooler bus station up Cheviot street to Middleton hall and return. The route is on quiet country roads.

PLEASE NOTE In the interests of safety runners/ walkers must have a head torch and reflective clothing.

ANY QUESTIONS? Call glen on 07748864424