



RICKY Running
Sisters



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**RUN 0-5k
in 6 weeks!**

Sign up now to
start 22nd April
2025

Fun, Fitness & Friendship.

Our aim is to provide a safe, friendly, sociable environment
for women to run together to keep fit.

Email the beginners' coordinator, Julie: beginners@rickyrunningsisters.org.uk

Only £35 and includes 2025 membership, free Club T-shirt & 5K medal.

We run Tuesday evenings from a base in Mill End.

www.rickyrunningsisters.org.uk