



**5K, 10K  
HALF MARATHON  
FULL MARATHON  
FOR FITNESS  
FOR FUN**

**WHATEVER YOUR  
RUNNING GOAL**

**RUN**

**10WEEK  
BEGINNER'S BLOCK  
£20**

**CALDERGLEN HARRIERS**

**BEGINNERS' GROUP TUES@6.30PM**

**INTERMEDIATE/ADVANCED MON&THUR@7.30PM**

**EAST KILBRIDE SPORTS CLUB, CALDERGLEN COUNTRY PARK**

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