

LRG  SAWSTON PRESENTS



WEDNESDAYS 9 AM. LYNTON WAY REC.

# BUGGY RUN GROUP

5K RUN

FREE

LRG IS A WOMENS RUNNING GROUP

Come and join LiRF qualified volunteer run leaders and a friendly group of women for a steady pace 5K run on flat, smooth paths.

You don't need a dedicated run buggy, just a buggy with reasonably-sized wheels.

FOR MORE INFORMATION

[sawstonlrg@gmail.com](mailto:sawstonlrg@gmail.com)