

college running club

cwc exclusive

Location: Paddington Basin Campus

Day: Thursdays

Time: 5.15pm-6.00pm

Cost: FREE

Info: Meet after College for a 30mins run (approx 2.5miles), perfect for beginners or those wanting to improve their fitness in a non-competitive and friendly atmosphere.

For more information please contact Andy Shelley (FESCO) on **020 7641 4805** or **andy.shelley@westking.ac.uk**

