



ON YOUR MARKS...

R
RICHARD REED
SOLICITORS

Kindly sponsored
by Richard Reed Solicitors
www.richardreed.co.uk

INTRODUCING THE
SUNDERLAND STROLLERS

BEGINNERS

RUNNING GROUP

Starting Monday 6th January 2025

Meet at The Beacon of Light, Stadium Way, Monkwearmouth,
Sunderland SR5 1SN on Mondays at 6.30pm

Beginners Group is over 16 weeks, either pay £3 per week or £15 by
registering in advance at this link <https://my.raceresult.com/314087>

All persons will receive a running t-shirt and all those completing
the course will receive a £5 discount on their first years
Sunderland Strollers membership (currently £35 per year)

**If you have any questions please email:
beginners@sunderlandstrollers.co.uk**



Sunderland Strollers are a friendly, sociable running club, who were the **2012 Athletics Weekly Club of the Year** and the **UK's 3rd Best Club in the 2014 Decathlon Poll**. Some of our members never race, others race most weeks. We currently have about 360 members, with around 40% women and an age range from 17-70. Membership is only £35 per year (payable once you have decided you would like to continue with the club). For further details please visit:

www.sunderlandstrollers.co.uk

