



RunTogether



# Couch to 5k

#RunTogether

Join us for a run at:

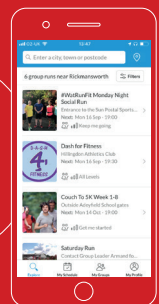
9:45am for 10am START

Tuesdays 9 January - 26 March

Outside the Cafe, Eaton Park

Bandstand

Download  
the app  
today



Register to join the fun: [www.runtogether.co.uk/UpTheTempo](http://www.runtogether.co.uk/UpTheTempo)