



SSWC Running Club

Wed @6pm & Sat @8:30am

- All runs are lead by 2 Fully Qualified and insured, Run Leaders
- One leader will set the pace at the front, to cater for most runners
- The other leader will be at the back, providing support and encouragement for slower runners
- Anybody who wishes to set a faster pace than the group, does so at their own liability
- All runners must use the register to sign in and out for each run
- High visibility bibs are provided for your safety—please return after use
- If you feel unable to complete a run, please inform a leader
- If you return to SSWC unaccompanied, you do so at your own liability

20/11/2014