

0-5km Beginner Jogging Groups, Starting January 2019

Stanwick Lakers Beginner Jogging Group

Date: Every Monday, starting 14th January for beginners

Venue: Meet in Waitrose car park, Rushden (far corner)

Time: 17:45 for 18.00 start

Cost: £10 single one off payment (non refundable)

Contact: Heather Watts hwatts09@hotmail.co.uk

Mobile: 07775 796183

Facebook: <https://www.facebook.com/stanwicklakers>

Other info: This is a course for beginners to get from Couch to 5km in 10-12 weeks. If you can already run for 15 minutes or more and would just like some motivation or social company, anyone can come and join in with the existing group. All abilities welcome.

Abington Park Joggers

Date: Every Wednesday, starting 9th January for beginners.

Venue: Abington Park Bandstand

Time: 18:30

Cost: £2.50 per session or £30 upfront for 12 weeks

Contact: Kathryn Hall Kathrynhall721@gmail.com

Mobile: 07813 433221

Website: <https://abingtonparkjoggers.com/>

Corby Running Marvels

Date: Every Tuesdays, starting 15th January for beginners

Venue: West Glebe Park, Corby

Time: 18:30

Cost: Free!

Contact: Matt Robey mattrobeyruns@gmail.com

Website: <https://groups.runtogether.co.uk/BodyMagicMarvels>

Belling Joggers

Date: Every Monday, starting 7th January for beginners

Venue: Bellinge Community House

Time: 18:30

Cost: Free!

Contact: Michelle Aveyard bellinge@bellinge.org.uk

Facebook: <https://www.facebook.com/www.bellinge.org.uk/>

Running Mate Wellingborough

Date: Every Monday and Tuesday at 19:15 and every Thursday at 18:30. Starting 7th January for beginners.

Venue: Castle Street, opposite the entrance to Castle Fields

Cost: £2 per session

Contact: Susan Harrison susan@running-mate.co.uk

Mobile: 07988 799182

Facebook: <https://www.facebook.com/RunningMateNorthants/>

Running Mate Towcester

Date: Every Monday and Thursday, starting 7th January for beginners

Venue: The Forum, Moat Lane

Time: 18:30

Cost: £2 per session

Contact: Susan Harrison susan@running-mate.co.uk

Mobile: 07988 799182

Facebook: <https://www.facebook.com/RunningMateNorthants/>

Running Mate Daventry

Date: Every Monday and Wednesday, starting 7th January for beginners

Venue: Inside Daventry Leisure Centre

Time: 19:15

Cost: £2 per session

Contact: Susan Harrison susan@running-mate.co.uk

Mobile: 07988 799182

Facebook: <https://www.facebook.com/RunningMateNorthants/>

Wollaston and Irchester Joggers

Date: Every Tuesday, starting 8th January for beginners

Venue: Wollaston playing field, London Road, Wollaston NN29 7QS

Time: 18:15 – 19:15

Cost: £1 suggested donation towards lighting costs

Contact: countryparks@northamptonshire.gov.uk or kathyholley48@yahoo.co.uk

Moulton Joggers

The Monday session is deaf friendly and an interpreter will be present

Date: Every Monday and Saturday at 10am starting on 28th January.

Venue: Moulton Community Centre Sandy Hill, Reedings, Moulton, Northampton NN3 7AX

Time: 10:00am

Cost: free!

Contact: Kathy: kathyholley48@yahoo.co.uk, 07718369382 or Alexy: community@deafhub.co.uk, 07817753187 (text only)