



# Northern Sole Women's Running Group

Meeting from 7.20pm

Monday 5 miles  
Wednesday Beginners/Intro  
Thursday 4 miles (2 out and 2 back)

\*sessions may be adjusted as appropriate

For further details email [lizp@pardoee.freeseve.co.uk](mailto:lizp@pardoee.freeseve.co.uk)

Based at Northern Lawn Tennis Club, Palatine Road, West Didsbury, Manchester  
[www.thenorthern.co.uk](http://www.thenorthern.co.uk)