



Weekly Running Sessions

Shard End Lake Running Group

Every Monday & Friday

9:00am - 10:00am

Meet by steps on Packington Avenue

Session Lead: Sally Bynoe

Hall Green Running Group

Every Monday

6:15pm - 7:15pm

Meet at Sarehole Mill Car Park

Session Lead: Sally Bynoe

Oaklands Women's Running Group

Every Tuesday & Thursday

9:15am - 10:15am

Meet at Skate Park

Session Lead: Tahira

Castle Vale Running Group

Every Tuesday

6:30pm - 7:30pm

Meet at Farnborough Road

Session Lead: Simon

Handsworth Wood Running Group

Every Tuesday

7:00pm - 8:00pm

Meet at Clem Dench, Sarehole Mill Car Park

Session Lead: Sally Bynoe

Bordesley Green East Run

Every Wednesday

9:15am - 10:15am

Meet at Iridium Medical Centre Car Park

Session Lead: Sally Bynoe

For more information visit www.theaws.co.uk/Step-back-out or get in touch via email at sally.bynoe@theaws.org





Continued....

Ley Hill Park Running Group

Every Wednesday

6:00pm – 7:00pm

Meet at Holloway Hall

Session Lead: Kevin

Edgbaston Reservoir Run

Every Wednesday

6:45pm – 7:45pm

Meet at corner of Tower Mount Car Park

Session Lead: Thomas & Taz

Pype Hayes Run Group

Every other Thursday

6:30pm – 7:30pm

Meet at Pype Hayes Car Park

Session Lead: Sally Bynoe

Shard End Run Group

Every other Thursday

6:30pm – 7:30pm

Meet by steps on Packington Avenue

Session Lead: Sally Bynoe

Find out more at www.theaws.co.uk/our-activities/ for details on session, venues and more.

For more information visit www.theaws.co.uk/Step-back-out or get in touch via email at sally.bynoe@theaws.org

