



BEDFORD HARRIERS AC

Friday night circuit sessions start 5th October 2018 and continue up to and including Friday 12th April 2019

(Excluding Friday 28th December)

6:30 – 7:30 in the main sports hall.

The Club is pleased to welcome back Rachel Benton to lead these sessions



Please note these circuit sessions are designed specifically for adult runners
These sessions are for members of Bedford Harriers; you do not need an annual user card to take part.

Bedford Harriers pays for these sessions from funds generated by the Harriers races.



Any questions or queries please contact Steve Crane ccifltd@aol.com, T01234742507