



Bedford Harriers Membership Benefits

Did you know that as a member of Bedford Harriers you benefit from the following? Group training session, (Mondays, Wednesday & weekends)

- ❖ Coaching with a qualified coach
- ❖ Free entry to all races in the Three Counties Cross Country League
- ❖ Liability insurance whilst training with the club
- ❖ Free entry into the Club's London Marathon place draw**
- ❖ Subsidised coach travel to the London Marathon
- ❖ Free use of showering facilities after London Marathon
- ❖ Free entry into the Club's Volunteers' Draw**
- ❖ Subsidised running kit
- ❖ Free or subsidised social events
- ❖ Free circuit sessions
- ❖ Free track sessions
- ❖ Subsidised swimming sessions
- ❖ Frequently updated website
- ❖ Discounts at many sports retailers on production of Bedford Harriers membership card
- ❖ Free entry to some team events

** (Subject to qualifying procedures)

12th June 2012