

Free Running & Athletics Sessions from top UK coaches

**TEAM
PERSONAL
BEST**

For beginners right through to aspiring Mo Farahs!
Come along have fun, feel good and, through hard work,
run faster than you ever thought possible!
Every Tuesday at The New River Sport & Fitness running track.

A health & wellbeing partnership between Haringey Sports
Development Trust, the Youth Sport Trust and Haringey
Schools' Sports Association.



Haringey

LONDON

**SCHOOL
GAMES**



HEALTH & WELLBEING through running

**Tuesday
16:00 - 17:30**

New River Sport & Fitness
White Hart Lane
Wood Green
N22 5QW

www.haringeysport.com



Haringey  Sports Development Trust