

## Bank Holidays

There will be NO groups on Friday 29<sup>th</sup> March and Monday 1<sup>st</sup> April

### 20% week at Sutton Runner

Monday 4<sup>th</sup> March - Friday 8<sup>th</sup> March  
9.00 am to 5.30 pm

Tuesday open till 8.00 pm

Coffee available in the evening

All purchases 20% with your key fob!

### SE Fitness shop

Next Kit promotion evening :  
Wednesday 6<sup>th</sup> March 7.15pm – 8pm

Look out for our Zoodie Hoodies  
£22.50 (next pre-order by March 16th)

### Lichfield ½ Marathon training programme

7 weeks course (£30) Sign up TODAY  
Starts 9am prompt  
Saturday 16/3, 23/3, 30/3, 6/4, 13/4, 20/4, 27/4

Can't make every week? – pay as you go £6

Is this your first half marathon?  
Come to introductory talk on  
Saturday 16<sup>th</sup> March at 8.30 am

### Speedwork - Want to get faster?

8 week course March 6<sup>th</sup> until April 24<sup>th</sup>  
Wednesdays 7.15pm  
£32 or £6 a session.

### Next Grand Prix events

Fradley 10k – Sunday 10<sup>th</sup> March 10.30am  
7 Pools10k x-country – Sunday 24<sup>th</sup> March 11am

Have you joined the Grand Prix?  
For more details go to [www.sefitness.com](http://www.sefitness.com)

### Great Midlands Fun Run Training Days walk or run

Saturday 11<sup>th</sup> May (5mls), 18<sup>th</sup> May (7mls)  
25<sup>th</sup> May (8mls)

Meet from 8.30 am for a 9 am start at  
Wyndley Leisure Centre, Upper Clifton Road

Want to practise the route? Need advice?  
Running partners? Walk it with a friend?

£3 for charity payable on the day – just turn up  
**Suitable for all Great Midlands Runners & Walkers**

Enter GMFR as team **SE Fitness**.  
Why not run for our charity The Alzheimer's Society.

Please note normal groups will not be held  
on these Saturdays

### Coffee & Cake morning

Wednesday 27<sup>th</sup> March  
After the morning groups  
@ Chris's (Walk Plus)

There will also be a raffle  
All proceeds to our charity The Alzheimer's Society

### Keep the Date

SE Fitness Community Open Day  
9am on Saturday 4<sup>th</sup> May

**Free taster sessions** - Why not invite a friend?

### Dates for your diary

**Runners Summer social & presentation night**  
Fairlawns, Little Aston Road, Aldridge, WS9 0NU  
Thursday 4<sup>th</sup> July 7.30pm for 8.00pm.  
More details to follow

**Walkers Summer social: watch this space**

For any members currently on course fees please note sessional fees apply during  
Half term Monday 18<sup>th</sup> to Saturday 23<sup>rd</sup> February  
Easter break Tuesday 2<sup>nd</sup> to Saturday 13<sup>th</sup> April.

**Why not try our Go Monthly to avoid additional fees?**