



**A FUN & supportive way
.... to your first 5K**

€50 FEE INCLUDES:

**8 WEEKS TRAINING
& ENTRY TO CORK
REBEL RUN**

LEISUREWORLD CHURCHFIELD COUCH TO 5K PROGRAMME

**VENUE: LEISUREWORLD
CHURCHFIELD**

STARTING: THURS 23RD AUGUST

TIME: 7:30PM

MORE INFORMATION:

**(021) 4347096
charrington@corksports.ie
www.rebelrun.ie**

