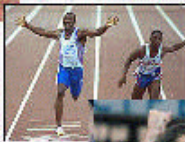


AGED BETWEEN 8 AND 14, are you in the running? are you in the running ?

Benfleet Running club has been in existence since 1990 and since then our adult membership has grown to over 200 runners. We continue to have success at Great British, County, and Club level, and also run the popular Benfleet15 cross country race



To build on this success, from August 2007 a new section will be born



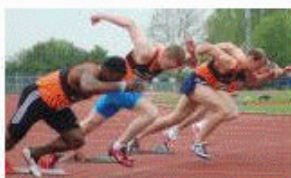
DO YOU

**PLAY FOOTBALL,
TENNIS, HOCKEY,
BASKETBALL, NETBALL ?**

**JOIN US AND IMPROVE
YOUR SPEED, REACTION TIMES
AND FLEXIBILITY.**

**WANT TO HAVE FUN WITH LIKE MINDED CHILDREN,
COACHED BY UK ATHLETICS COACHES ?**

WANT TO COMPETE IN RACES, OR JUST GET FIT AND HEALTHY ?



Tuesday Evenings
6pm - 7pm
The Pavillion,
Brook Road, Benfleet
SS7 1NA

for more details see our website