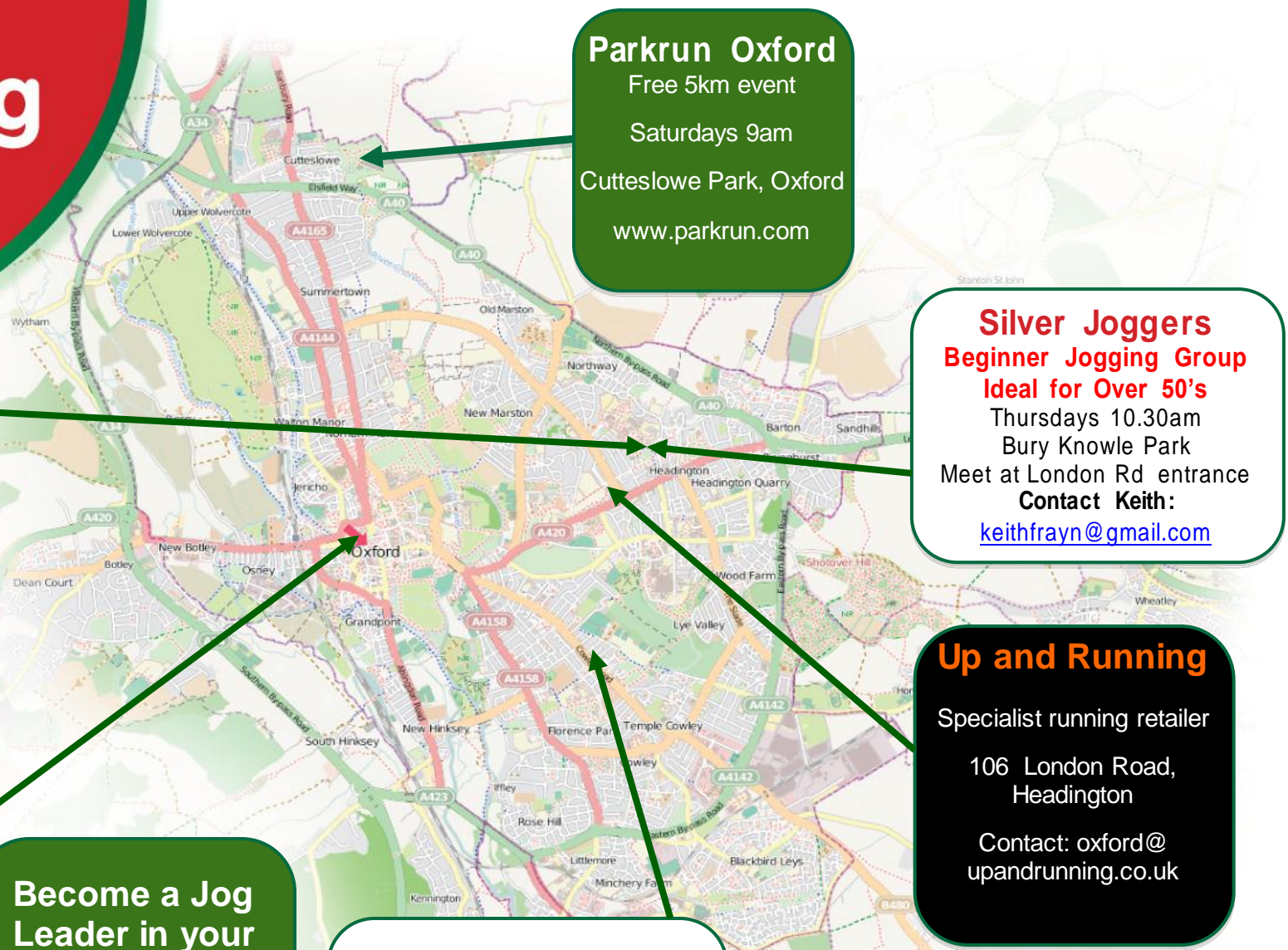


Get running in Oxford



Parkrun Oxford
Free 5km event
Saturdays 9am
Cutteslowe Park, Oxford
www.parkrun.com

Silver Joggers
Beginner Jogging Group
Ideal for Over 50's
Thursdays 10.30am
Bury Knowle Park
Meet at London Rd entrance
Contact Keith:
keithfrayn@gmail.com

Bury Knowle Joggers
Beginner Jogging Group
Mondays 6pm
Bury Knowle Park
Meet at London Rd main entrance
Contact Tristan:
thale@oxford.gov.uk

Up and Running
Specialist running retailer
106 London Road,
Headington
Contact: oxford@upandrrunning.co.uk

Sweatshop Running
Community
Jogging Groups
Mondays 6pm – 5km
Thursdays 6.30pm – 0-5km
Meet at
Sweatshop in Gloucester Green
www.sweatshop.co.uk

Become a Jog Leader in your community...
Next course:
Saturday 1 November
Abingdon
For details contact
Vicki Galvin:
vgalvin@oxford.gov.uk or
01865 252720

Garden Café Joggers
Beginner and Social Jogging
Women Only
Wednesdays 10am
Meet at the Garden Café, Manzil
Way, Cowley Road
Contact Sarah:
sarah.grylls@btinternet.com

Ideal for beginners

