



Adeyfield School

RUNNING CLUB

Need to let off some steam?

Join the running/jogging club after school!

Boys' Club every Tuesday & Girls' Club every Thursday
3.00pm-3.45pm with Miss Hazell

ALL YEARS WELCOME!

Meet at Miss Hazell's office in the Pastoral Block at 3.00pm

Please wear trainers and appropriate clothing to run in (shorts/leggings/tracksuit bottoms/t-shirt/vest)...Don't forget your water bottles!

You can bring along a music device (ipod/phone etc.) and earphones but you are fully responsible for your own equipment.



**NO PRESSURE...LET'S HAVE FUN WHILST BOOSTING OUR POSITIVE,
EMOTIONAL & PHYSICAL HEALTH!**