



# Interested in Jogging/Running?



**We have been approached by professional guide runners wanting to find anyone wishing to re-start running or even to begin.**

**All of the guides are qualified and all running routes will be risked assessed for suitability.**

**They will cover the Norwich area and within a 5 miles radius of North Walsham.**

**Times and days are flexible to suit.**

**If you want to find out more please contact the guides directly**

**Norwich area –**

**Lawrence Wade**

**Mobile: 07876597719**

**Email: [wsr.guiders@gnail.com](mailto:wsr.guiders@gnail.com)**

**North Walsham area –**

**Jeremy Lawrence**

**Tel: 01692 536470**

**Email: [jeremyjil@googlemail.com](mailto:jeremyjil@googlemail.com)**

**Beginners and all levels of fitness are welcome!**

