




Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** £2.20

 **Type:** Face to Face

Want to run with a friendly and non-competitive social group?

Run North Tyneside is suitable for anyone who is able to run **3 miles / 5km** or more.

Designed to be a steady jog perfect for those with a basic level of running ability, we always run at the pace of the slowest runner with faster runners looping back and running further.

Wednesday, 7-8pm at The Lakeside Centre

Sessions take place weekly, are available to North Tyneside residents and **cost £2.20 with an easecard.**



[physical activities](#) | [running](#) | [outdoor](#)

Run North Tyneside

 0191 643 7171

 active@northtyneside.gov.uk



Lakeside Centre
Southgate
Killingworth



<https://www.activenorthtyneside.org.uk/run-north-tyneside>

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