

**Cost:** £2.20

Type: Face to Face

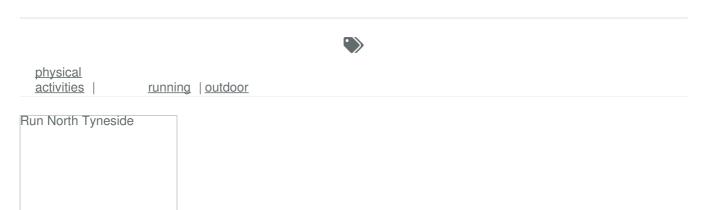
Want to run with a friendly and non-competitive social group?

Run North Tyneside is suitable for anyone who is able to run3 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.









Lakeside Centre Southgate Killingworth



(A) https://www.activenorthtyneside.org.uk/run-northtyneside

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