

Greater Peterborough Athletics Network

Practical Self Defence for Runners

**Wednesday 25th March or
8th April 6.30pm – 8.00pm
or Sunday 29th March
2.00pm – 3.30pm**

Venue: KSOMA, Units 3&4 Mancetter Square, Peterborough PE4 6BX

Following feedback from a runner about personal safety when walking or running alone GPAN has organised a number of “One off” workshops for members, with a local martial arts instructor.

The sessions will hopefully show you how to defend yourself and what to do if you are ever attacked or feel threatened when out walking or running

The first session on 25th March will be for ladies only but the other two sessions will be open to men and ladies. The sessions are all led by a male instructor

Outdoor shoes are not allowed on the matted area in the venue & we are limited to 12 attendees per class, but if there is demand we will organise more

**The sessions will cost a nominal £2 per person, payable when booking & can be booked at any
Try the Track evening – see Tim Cook –
tim30dstj@aol.com**



www.Englandathletics.org

