



The 2018 Bognor Regis Tone Zone Runners (BRTZR) beginners programme starts on Tuesday, 2nd January 2018. The programme runs from January to May, taking runners from zero to 10 kilometres via a structured training regime. The ultimate objective is to run the Bognor 10K in May 2018.

Included in the £45 fee are UK Athletics registered coaches, a running vest, discounted membership for Arun Leisure Centre, membership of BRTZR until March 2019, social events and much more.

If you want to find out more about the club and the beginners programme then why not come along to a Tuesday Club night in December (we meet at the Arun leisure centre at 18:15) and speak to one of the coaches and meet the members.

Visit our website at www.tonezonerunners.org for more information

Whether you're a novice or an experienced runner, with nearly 200 members, there's a place for you at Tone Zone Runners.