

NEW RUNNERS INVITED TO GET FIT IN 2012 WITH COBRA

Cobra Running Club's new 'Beginners Wednesday' sessions have proved very popular. Led by experienced runners, they leave from Halesowen Swimming Pool at 7pm every week

"Anyone who can run 2 miles at their own pace is very welcome" says club Chairperson, Steve Fletcher. "Cobra's motto is 'Running for Fitness, Running for Fun' – so nobody gets left behind, and newcomers love the friendly welcome they receive"

The Wednesday sessions are just one reason why Cobra has been going from strength to strength, with membership growing to over 100. The club enables people to prepare for road races, triathlon and cross country.

"Runners who can already complete 5 miles non-stop are welcome to try Cobra's Tuesday or Thursday sessions, weekend runs, or our swimming and cycling sessions", says Steve.

"A special offer to each new, fully paid up, beginner is a free place at the Cobra Classic 10km race or 3.5km fun run, which will take place on Sunday 13 May 2012. " The beginners' sessions start on Wednesday 1st February, and cost just £10 for the first 10 weeks.

Further information about Cobra and the Classic can be found on the club's website, www.cobrarac.co.uk. Anyone requiring more information on the Cobra Classic can call the Race Director Chris Pearson on 01384 232657.