



**Maidstone Harriers**



# ***Maidstone Harriers Early Birds Running Group***

New to exercise or simply out of practise  
Need a bit of motivation or just some company?

**Join us every Wednesday**

## ***Free & Friendly Group Walk, Jog, or Run***

Planned route between 1-3 miles

Anyone over 18 welcome!

**6:15pm for 6:30pm start**

### ***Venue***

**Maidstone Hockey Club**

Armstrong Road

Maidstone ME15 6AZ

**Starts Wednesday 3rd November**

For further information visit us at

**[www.maidstoneharriers.co.uk](http://www.maidstoneharriers.co.uk)**