

FREE Seminar for road runners

# Preparing for Marathon or Half Marathon



**Nottinghamshire**  
Athletics Network

with **John Beatie**

2:16 Marathon runner and  
Commonwealth Games competitor

**Thurs 22 September 2016**

Training run 6:30pm, Seminar 7:45pm

**Flowserve Social Club**

Hawton Lane, Newark NG24 3BU

Whatever your target – sub 3 hour or sub 4 hour Marathon, London, Robin Hood or a major Half Marathon – John will offer an inspiring talk on preparation and training followed by a question and answer session.

Road runners of all standards are encouraged to attend.

Runners are welcome to join Notfast RC members for a training run at 6:30pm

Changing and shower facilities available.

Bar and refreshments are available.

**FREE - no need to book – just turn up!**

Organised in association with Notfast Running Club.



**FREE session**  
No need to book



**For further information contact:**

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