

# Cleethorpes Athletic Club Presents..



**More Mo Less Tum**

Do you want to run but don't know where to start?

Struggling to get motivated? Want to run a 5K?

Then this is the perfect plan for you

**New course starting**

**Friday 1<sup>st</sup> February**

Register your interest or for more information please

email [momentum.cleeac@gmail.com](mailto:momentum.cleeac@gmail.com)



**Or visit our website**



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