Hi, once again from the side-lines of Brough Park Couch to 5K and beyond.

The Pic’ of the Week from last Saturday’s attendance goes to Nicola Damjanovic for drawing her friend and neighbour along to the event in order to assist her on the road-to-fitness.

Perhaps, we all could take a leaf from her book and encourage someone else to follow in your footsteps?

We welcome the young and not so, the fit and the unfit; family and friends, in addition to those wanting to meet others of a like-mind.

Everyone is encouraged to attain their own goal, with or without a run-partner.

BPRC

P.s.

If you get the chance please view our post on fundraising and join easyfundraising and opt to support Brough Park Running Club by collecting donations from companies as you shop on-line.

You have to download their app to shop on Amazon and eBay through that, although there are over 300 other suppliers that give donations.

It costs you nothing other than a piece of your time.

Thanks