

**Rushcliffe AC**

invite you to a



**Cross Country  
Development Day**

**Led by Glynn Tromans**

International Athlete  
Inter Counties Winner  
Reebok Challenge Title Holder

**Berry Hill Park, Mansfield  
Saturday 26<sup>th</sup> October  
10:30am – 2:30pm**

Open to any athlete over 13  
with an interest in Cross Country Running

For more information please contact Sue Todd  
[the.todds2@virgin.net](mailto:the.todds2@virgin.net)