



Winter runs beginning 03/10/2011



Jog Walsall Timetable Walsall Council Sport & Leisure Development Services

Monday	
Walsall Arboretum	12:15pm for 12:30pm start Meet: Centre Green, by lake
Tuesday	
Reedwood Park Jog & Gym session	12:15pm for 12:30pm start Meet: New outdoor gym by multi-sports cage
Wolverhampton University – Walsall Campus (Track run)	5:45pm for 6:00pm start Meet: Magdalene Road, Walsall, WS1 3TA
Wednesday	
Wolverhampton University – Walsall Campus (Track run)	5:45pm for 6:00pm start Meet: Magdalene Road, Walsall, WS1 3TA
Thursday	
King George V Playing Fields	5.45pm for 6.00pm start Meet: Lydford Road (Off Stafford Road, First Left After King Georges Park)
Saturday	
Walsall Arboretum	10.00am for 10.15am start Meet: Lakeside Café

- Unless otherwise stated, Jogs are free of charge
- Duration may vary
- Please be prepared for wet weather
- Please bring a drink if you think you'll need one
- Wear suitable clothing and trainers
- All jog leaders carry identification, which will be produced on request.

