



## **Jog Northants: New 0-5km jogging groups especially for beginners to start in January.**

Northamptonshire Sport's 'Jog Northants' programme announces 12 new jogging groups to start throughout the county in January, all helping beginners to start jogging regularly using a gradual progression programme. Jog Northants is Northamptonshire's recreational running programme which has encouraged over 5000 participants countywide to sign up to the scheme since it started in 2011.

All the groups start with a mixture of walking and jogging and are ideal for anyone that has never ran before and especially those that have bad memories of school PE when they were younger!

The groups cater for all fitness levels and abilities from the complete beginner and those returning to running to those who fancy running with likeminded people. The camaraderie and social element is always strong within the groups with members attending social events and runs regularly.

2 new groups for complete beginners will be starting in January in Wellingborough, please see below for details or [Click Here for the full list of groups starting countywide](#)

### **January Beginners Groups Wellingborough:**

#### **Running Mate Wellingborough**

Date: Every Monday and Tuesday at 19:15 and every Thursday at 18:30. Starting 7<sup>th</sup> January for beginners.

Venue: Castle Street, opposite the entrance to Castle Fields

Cost: £2 per session

Contact: Susan Harrison [susan@running-mate.co.uk](mailto:susan@running-mate.co.uk)

Mobile: 07988 799182

Facebook: <https://www.facebook.com/RunningMateNorthants/>

#### **Wollaston and Irchester Joggers**

Date: Every Tuesday, starting 8<sup>th</sup> January for beginners

Venue: Wollaston playing field, London Road, Wollaston NN29 7QS

Time: 18:15 – 19:15

Cost: £1 suggested donation towards lighting costs

Contact: [countryparks@northamptonshire.gov.uk](mailto:countryparks@northamptonshire.gov.uk) or [kathyholley48@yahoo.co.uk](mailto:kathyholley48@yahoo.co.uk)

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