



BICESTER ATHLETIC

CLUB CROSS

COUNTRY

**BICESTER ATHLETIC CLUB HOLD CROSS COUNTRY/
FITNESS AND CONDITIONING TRAINING SESSIONS ON A
SUNDAY MORNING**

**THE SESSIONS ARE FOR CHILDREN AGED 8 AND ABOVE
THEY ARE GREAT FUN AND SUIT ALL ABILITIES**

**THEY ARE ALSO REALLY GOOD PREPARATION FOR THE
BICESTER PRIMARY SCHOOLS CROSS COUNTRY EVENT TO
BE HELD THIS YEAR ON WEDNESDAY 7TH NOVEMBER,
PLEASE ASK YOUR PRIMARY SCHOOL FOR MORE DETAILS
OF THIS EVENT**

**FOR MORE INFORMATION ON THE SUNDAY SESSIONS
PLEASE VISIT www.bicesterac.co.uk AND CLICK ON
CROSS COUNTRY**

WE'D LOVE TO SEE YOU THERE