

## Blackburn

Witton Park Sports Arena

Blackburn Road Runners - Susan Wolstenholme

## Leyland

Worden Park, Worden Lane Car Park

RunSmart Leyland - Damian Clapham

## Colne

Holt House, Harrison Drive

C25K Keep Running - Elizabeth Murphy

## Chorley

Astley Hall, Astley Park

Chorley Runners - Neil Simpson

## Baxenden

Baxenden Village Club

Baxenden Bugs - Justine Scammell

Ossy Joggers - Sally Anne

## Preston

Avenham Park Cafe

Red Rose Road Runners - Anneke Crosby

## Lytham

ParkView4U, QEII Park View Playing Fields

ParkView4U Runners - Jane Parke

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Parkview40 Runners - Jonas Barrie

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## Lancaster (\*7PM)

Salt Ayre Sports Centre

Lancaster and Morecambe AC - Louise Goddard



# RunAware

Mental Health Awareness Through Running