



Women's running event

Thursday 11th December at 6.00 pm in Victoria Park, Ashford – Meet at the Fountain

This event is being run by female police officers from Ashford Community Safety unit, in a bid to help women feel safer running together and building a community where women can feel empowered. These officers will also be running with you all.

Lace up your running shoes and join us for a fun evening of running, fitness, and empowerment. Whether you're a seasoned runner or just starting out, this event is perfect for all levels. Come meet other like-minded women, challenge yourself and take on this opportunity to celebrate women's health and wellness together.

We will plan to meet by the fountain at 6.00pm with a light warm up starting at 6.15pm and setting off for approximately 5k soon after all abilities welcome. You can opt for a shorter 2.5k route as well. See you there!

We will be planning many runs together to help women come together doing what they love the most.

Wearing **pink** optional. As this is our December run please feel free to wear something Christmas themed!



**Kent
Police**



SCAN ME