

BRIGHTON & HOVE FRONTRUNNERS



FIRST THREE RUNS FREE



PHOTO CREDIT - SAM MILFORD

A Friendly, Inclusive LGBTQIA Running Club For All
Ages* And Abilities

- Meets Every Wednesday 7pm Near The King Alfred Leisure Centre
- UK Athletics Qualified Run-Leaders and Coaches
 - Social Runs
 - Interval Training Weekly
- Seasonal Track Meets and Cross Country Runs
- Longer Sunday Morning Runs (Locations Vary)
 - Frequent Couch-To-5K Programmes
- Marathon/Half Marathon/10K Training Sessions
 - Monthly Social Gatherings
 - All Allies Welcome

*over 18s only



SCAN ME