









# WillRun4Life Hengrove Friday Evening Social run and chat group



Location **South West, Avon**  
<https://www.freeadsz.co.uk/x-587973-z>

Run4life Hengrove social run and chat group every Friday at 7.30 pm.  
 We welcome all runners, plodders and joggers who can run at least 25 minutes at any speed.  
 Must be 16 or over ( 14 if accompanied by a adult)  
 Friendly and welcoming group. If you are interested in joining please email:  
[click to contact](#)

If you live within Bristol City council Boundary Run4life run Free courses 0-35mintes. Please contact  
<https://m.facebook.com/>

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