

Summer Fun evening Challenge Series

Bring your friends/Family

ages 8-108

Walk, Shuffle or Run

This is for everyone- good bad or indifferent!! – Come and have a go!

Entry Fee \$5.00 per event or \$35.00 for series includes a cuppa and cake/bikky and
hot showers after event

COME ALONG MEET NEW PEOPLE AND

“HAVE SOME FUN IN THE SUN” ON A SUMMERS EVENING

SEE YOU THERE!

ENQUIRIES TO:

BRIAN: 09 4352614 or txt or call 02102796487

Date	Event	Start time and Venue
15/10	Road Event 2.5/5/7.5/10 k	1800hrs 6pm Trigg Sports Arena Park Avenue Whangarei
29/10	Steeplechase 2000 metres over the barriers through the water jump may sit on barriers but legs must go over the top walk or run its..... so much fun!	A/A
12/11	3000m on track run shuffle or walk	A/a
26/11	off road 2.5 k/5k approx	1800hrs 6pm Mair park Rurumoki Street Whangarei
10/12	Track laps How many laps can you do in 30mins or 60 mins?? Go on challenge yourself!	1800hrs 6pm Trigg Sports arena Park Avenue Whangarei
17/12	<u>Xmas Fun evening</u> <u>followed by social function further details later on</u>	A/a
28/01/20	2000m steeplechase	A/a
11/02	Off road 2.5/5K	1800hrs 6pm Mair Park Rurumoki Street
03/03	Road race 2.5/5/7.5/10K	1800hrs 6 pm Trigg Sport arena