

TRACK LAUNCH

SATURDAY 27TH JUNE

9am

LAUNCH DAY FUN RUN

Join us for a celebratory fun run as we officially open the Track! With a range of distances available, runners of all abilities can get involved. Afterwards enjoy a cake and drink as you view our range of stallholders.

JUNIOR RACE

For your little 'track-stars', this fun & friendly race offers distances between 25m - 100m. Cheer them over the finish line, with every child receiving a taking part medal.

10am

**10.15
am**

BEGINNERS RUN

A guided session for those looking to get into running. This session will comprise of a warm up, a running activity and a cool down with the aim of helping you to go from walking to jogging.

OPEN TRACK

Use our track for your own running workout. Whether you are training for a race or simply seeking to enhance endurance, test out our new running facility (400m and 100m available)

**10.30
am**

**11.15
am**

MINI-LYMPICS

Try something new, have fun and burn off some energy! This is a fun introduction to athletics, with activities including foam Javelin, Triple Jump, Throwing, Long Jump and more.

BEGINNERS RUN

Can't make the first session? We will be holding an additional Beginners Run coaching session from 11.15am.

**11.15
am**



Booking will open from 11th May via Bluecoat Sports app