

TRACK LAUNCH

SATURDAY 27TH JUNE

9am

LAUNCH DAY FUN RUN

Join us for a fancy-dress 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 a range of distances. Cheer them over the finish line, with every child receiving a taking part medal. Open to 3-4 / 5-7 / 8-11 / 12-16 years.

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.

TRY OUT THE TRACK

Whether you are training for a race or fancy a change of scenery, running on our 400m track offers a controlled environment that allows you to focus on performance, pacing and form.

11am

**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**

Pre-Book Here:

