

Masters Athletics "Fun on the Track"

followed by French Pancake Brunch

sunday 7th July

Trigg Sports Arena

Cost \$5.00 per person - (bring your partners)

COME ALONG AND HAVE FUN AND SOCIALIZE!!

Make this your sunday run ... an event with a difference!!



Brunch will include-French pancakes with a choice of fillings.

Cereal, Yoghourt, Fruit, toast and Tea coffee or drinking chocolate

This is really good value for a social event far cheaper than anything you would get down town!!

This is how the run walk works!!

How many laps of the track can you walk run in either 1 hour or 30 mins

Entry into Spot prize draw for all come along

start times:

0930 for the 1 hour

1000am for the 30 mins

and then brunch start at 10.45 am this gives all time for a shower (or it should!!)

We do need an idea of numbers please for catering purposes.

Please e mail me or phone 09 4352614 or txt 021 0242 9890

If your not into running or walking just come for brunch!!