**Macmillan Academy Leisure Centre**

**Sunday March 5th 2017**

Run, Jump, Throw: inclusive, competitive, quick and fun.

For 8 - 11 year old children the opportunity to participate & enjoy the core disciplines of athletics.

Events are 8 to 9 and 10 to 11 age groups: Bounding board sprint and longer run, Standing Long Jump, Standing push throw.

Over the events series, awards will be presented to the top 3 boys and girls in each age group, award rules and directions to the venue can be found here: www.middlesbroughac.org.uk/fantastic-four/

**Information:** Please do not enter the Sports Hall until you have registered and paid with Jill between 2.30 – 2.55. **Bring £3.00 plus 4 pins.**

To attend this event, pre-register via [**jill@middlesbroughac.org.uk**](mailto:jill@middlesbroughac.org.uk) stating name, club, coach and date of birth or register on the day by 2.55 at the latest for a very prompt start at 3 o’clock.

See link on website for directions to the Academy.

**STOP PRESS:**

**Fantastic Four won the Project of the Year in the Regional EA Awards**

Fantastic Four a Middlesbrough AC (Mandale) event,

[www.middlesbroughac.org.uk](http://www.middlesbroughac.org.uk) higher faster further there’s a place for everyone.

**Fantastic Four Series is supported by Macks Solicitors.**