



Middlesbrough AC (Mandale)



Macmillan Academy, Middlesbrough.TS5 4AG

January 28 2018 2.30 - 4.30 p.m.

- Age groups: Years 3 & 4 and Years 5 & 6
Events: Run using reversaboard, standing long jump, followed by longer run and chest push of a medicine ball.
- Cost: £2.75 per athlete with on line registration by Saturday 27th. £3.50 entry on the day. Please refer to www.middlesbroughac.org.uk to register.
- Registration: from 2.00 - 2.30 (no later) Please bring 4 pins for your track number.
- Please note we are using the Leisure Centre, the location of previous years. Check the club website for details of parking etc at Macmillan
- Only water is allowed in the building.
- Medals will be awarded to the boy and girl winners in each age group of each of the 4 activities.
- Participation medals will be awarded to all other athletes.
- Any queries please contact christine.turner@middlesbroughac.org.uk