

Pendle Leisure Trust & Up and Active's



sports day

Saturday 16th September

10am



FUN FOR ALL AGES

At **Seedhill Athletics & Fitness Centre**, Nelson

Events:

- 100m
- 200m
- High Jump
- Long Jump
- Javelin
- 3-legged Race
- Egg and Spoon
- Tug of War
- Welly Throw
- 4 x 100m Relay

Teams of 6 - must be **mixed**
with at least one person over
60 years and one child
under **10 years of age**

Extra activities:

- Penalty shoot-out
- Sports Development activities
- Face-painting
- **FREE** prize draw - all participants will be entered into the draw



To register, email : sportsday@pendleleisuretrust.co.uk

Closing date for registration is
FRIDAY 8th September

UP AND
active

pendle leisure trust
Committed to your
health & wellbeing