

25 HR



CHARITY RELAY
(Due to the clocks changing!) ACTIVE NATION
IN AID OF 'NAOMI HOUSE' AND 'ACTIVE NATION'

Saturday 29th October - Sunday 30th October 2011
Time: 12 noon to 12 noon
VENUE : Southampton Sports Centre Track.

Prizes for:

Fancy Dress welcome.

REFRESHMENTS
AVAILABLE
FOR 25 HOURS

For further information contact:

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- The Person who runs the furthest in an hour
- The Person in each age group
(U13, U15, U17, U20, Senior, Vets35, Vets 50, Vets 65)
Who runs the furthest
- THE FAMILY, EMPLOYER, SCHOOL, and RUNNING-CLUB
Who runs the furthest
(EXCLUDING SOUTHAMPTON AC)

RECORDERS WILL ADD YOUR LAPS TO YOUR TEAM LIST
DURING THE 25 HOURS AND TOTAL UP AT THE END.

THIS MEANS YOU CAN RUN FOR YOUR TEAM

at a time that suits you.
Make a Donation no matter
how small and run as
many laps as you can.

LolliPOPs for all
under sixteens.