

ISLE BE ACTIVE

FOR EVERYONE



run · jog · walk

Bring your friends and family and get active!

As part of the Run Wight initiative and the Isle Be Active programme the Isle of Wight Athletic Club is holding a family event to run, jog or walk. Choose 2.5km or 5km course. All abilities and ages welcome.

Date:	Sunday 28 September 2014
Venue:	Medina Leisure Centre and Seaclose Park, Newport
Time:	10am
Cost:	Free, but booking essential.
Entry details:	For an entry form email runwight2014@gmail.com or phone 01983 823818.
	Each runner will have a number and every participant will receive a time.