



*Track and Field Club*

a member club of



## TRACK & FIELD SEASON 2020

Join us NOW for Cross Country training and build up stamina and endurance for the track and field season.

TRACK RASCALS - MAY 5th - MAY 28th. Tuesdays and Thursdays.

AGES 6-8 years

Born in 2012/13/14

JUNIOR DEVELOPMENT - APRIL 2nd - MID JULY Tuesdays & Thursdays

AGES 9 -15

Born in 2005 - 2011

**BE READY TO TRY OUT FOR THE SUMMER GAMES FOR 14/15 year olds**



**COME AND JOIN US!**

**Contact: Lesley Foster - [lesley.foster@me.com](mailto:lesley.foster@me.com) for information  
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For further information see: [www.pentrack.org](http://www.pentrack.org)**