

All Ability Sports

at the **Blackbridge Jubilee Athletics Track** in Gloucester

Athletics

RaceRunning

Inclusive Cycling



Children and adults welcome
All abilities and disabilities welcome

Qualified,
friendly coaches

WE CAN

- Help you have fun and get fit
- Help you enjoy a new sport

YOU CAN

- Join us and make new friends
- Join in the fun
- Enjoy running and racing around the super track
- Try out the exciting new Race Runners
- Enjoy walking, running and racing around the track

- Every Sunday at 11.00am
- Have fun and riding the special bikes around the track
- See how many laps you can complete
- Cycles to suit all abilities
- Three sessions each week
- Try our racing wheelchairs
- See how fast you can go
- Learn to race around the track.
- Learn to throw a javelin, discus or shot
- See how high you can jump
- See how far you can jump

To find out more - Contact:

Athletics - Bob Purcell

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Inclusive Cycling - Mary Clare Faulkner

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RaceRunning Dragons - Gloucester

Finds at: www.chamwellcentre.org.uk