## Run For Fun



Proudly affiliated to Athletics NZ
Winter Cross Country & Summer Athletic Track Events
All ages & fitness levels welcome

Join in our various training evenings throughout the weekdays held locally

Test your fitness level on a longer scenic run on a Sunday morning most likely running out in the Waitakere Rangers with a bunch of other enthusiastic likeminded families

New 2022/2023 season starts April 2022

## Its free to try

If you or your child would like to have a go, please check out our Facebook page to see where trainings will be for the week

Send us a message or just turn up & find Mark





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