

MUD, SWEAT and FEARS RELAY

Date: Saturday 5th May
Where: Aylesbury Rugby Club
Team relay starts: Midday
Team relay finishes: 6pm



...THIS IS NOT A RACE! It doesn't matter how old you are, how fit you are or how fast you are. You can run, jog, walk, skip or even moonwalk around the track.

*Team slots available.
How long can you and your team last?!*

- ✓ ENTERTAINMENT
- ✓ FOOD AND DRINK
- ✓ STALLS
- ✓ CELEBRATIONS AFTER

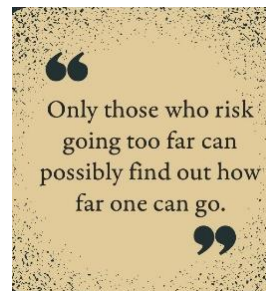
You've got to be....

DEMENTIA
AUTISM (NAS)
FLORENCE NIGHTINGALE HOPSICE
THEMBALITSHA

**£5 entry fee. ALL
money going to your
chosen charity**

Team Mud, Sweat and Fears will be running a relay of **12 hours** (6 each) on this day all to raise money and awareness for our chosen charities.

We will be pushing past our limits. Join us and see how far you can go!



... to do it

For more information contact us by searching for 'Mud Sweat and Fears' on facebook or via email mudsweatandfears@hotmail.com

Last lap 'Angel Lap'. You don't want to miss it