



QuadKids

Sprint, run, throw and jump into athletics!

At Parliament Hill Track

Sunday's: 12th April,

10th May, 14th June, 12th July

12-2pm with registration from 11.30.

QuadKids is the England Athletics endorsed athletics format for children of all abilities, it is quick, fun and a great way to measure progress over time.

How fast can you sprint?

How far can you throw?

What's your longest long jump?

Got the stamina to race for two minutes?

QuadKids is perfect for children aged up to 12. Cost is £2 per child, no need to pre-register just turn up 30 minutes before the start.

For further information email

GRAHAM NORRIS at highgateharriers@hotmail.co.uk

We hope to see you there!



North London
Athletics Network



Highgate Harriers
www.highgateharriers.org.uk



London Heathside
www.londonheathside.org.uk



Shaftsbury Barnet Harriers
www.sbarriers.co.uk

Middlesex University
London Sport Institute