



**COMMUNITY SPORTS
& EDUCATION
TRUST**

REGISTERED CHARITY NO: 1102239



STADIUM STAIR CHALLENGE

SUNDAY 3RD MAY

SEE REVERSE
FOR FURTHER DETAILS

VICARAGE ROAD STADIUM
SIGN UP AT: SHAPEUPHERTS.COM/STEP-UP



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Fun stadium challenge for the family! Mums and Dads run up and down all 1750 steps! Mini Step* (6 - 10 years old) and Challenge Step** (11 - 17 years old) run up and down different parts of the stadium!

CHILDREN



Mini Step*
&
Challenge Step**

6-10 yrs and 11-17 yrs
Optional Sponsorship

ADULTS



With min £40 Sponsorship



Without Sponsorship



Inflatable fun

What's Included?



Medals



Chipped
timed results



Post run
celebration

Raising money for Shape Up, a programme that has helped over 1600 people to achieve over 6 tonnes of collective weight loss over the last 4 ½ years.

*Mini Step is for 6-10 year olds and only run up 1 stand.

**Challenge Step is for 11-17 year olds and only run up 2 stands.



ARRIVAL



8:15am -
8.45

START



9am
(Wave every
10 mins)

VICARAGE ROAD STADIUM

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