



**COMMUNITY SPORTS
& EDUCATION
TRUST**

REGISTERED CHARITY NO: 1102239



STADIUM

STAIR

CHALLENGE

MAY 3 2020



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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

What's Included?



Sports massage



Medals



Chipped
timed results



Post-race
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 -
8.45am



START



9am
(Wave every 10 mins)



VICARAGE ROAD STADIUM

SIGN UP AT: [SHAPEUPHERTS.COM/STEP-UP](https://shapeupherts.com/step-up)