









**Inspiration Club** 

ATHLETICS CLUB EST. 1927 Special Olympics
Worthing

## Come and have a go!

- Seated Throws
- Ambulant Sprints
- Ambulant Throws
- Wheelchair Racing
- Ambulant Jumps
- Ambulant Endurance

## **GUEST APPEARANCE BY LIZZIE CLEGG**

- ✓ Open to any age
- ✓ All abilities welcome
- ✓ All equipment provided
- ✓ <u>Free</u> register on the day
- ✓ Activities led by qualified coaches
- ✓ Novice to expert no experience necessary

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