



**Pairs Relay 2019**  
**Sun 18th August**  
**(social event – no points)**



**All members of MABAC League clubs are invited to**

## **Pairs Relay 18th August 2019**

**at 11.00am to be held at**

The Matthew Arnold School, Kingston Road,  
Staines-upon-Thames, TW18 1PF.

(MABAC can trace its' origins back to the school!)

- Entry is on the day and is free of charge
- Plenty of on-site parking
- Toilets and changing available
- Pairs may be both male or both female, or mixed
- The 1k circuit is around the school playing field (flat, grass)
- Each runner must complete 5 laps (alternating with partner)
- Prizes will be awarded for each category (to be determined!)

### **FOLLOWED BY A PICNIC ON THE SCHOOL FIELD**

- **You** bring your own food
- **You** bring picnic chairs, tables and blankets
- **MABAC** provides the drinks (water/soft/beers/wine)

For further information please speak to your representative