



Like to run, have  
fun  
Join us at:



# Lincoln Wellington Athletic Club

Road Running  
High Jump  
Pole Vault  
Shot  
Discus

Track running  
Long Jump  
Hurdles  
Hammer  
Cross-Country

All ages 8  
upwards

Make New  
Friends

Mums & Dads  
welcome

Just Do It



## Training Nights

Tuesdays & Thursdays 6:30 – 7:30 pm  
(also Sunday mornings – multi-events and sprinting)  
Yarborough Leisure Centre

<http://www.lwac.org.uk> or **01522 826728**

