



FREE

Sport & Activity Fun Day

at Druridge Bay Country Park

Including the North East Regional Triathlon Championships

- Dance Performances for all ages including; Hip Hop, Capoeira & Tea Dance
- Climbing Wall • Pole Vaulting • Cycle Obstacle Course
- Water Sports • Local Produce Stalls • Fitness Assessments
- Cookery Demonstrations • Kite Flying
- And Much More!

Whatever your age, whatever your fitness level, come along and join in the fun!

Saturday 15th September 2007 12 - 5pm

For more information visit: www.northumberlandsport.co.uk

