

Penny Gibbs Fancy Dress Funathon

Sunday 6th September
Par Track 2pm

Walk...jog... run... scoot... cycle...wheel

Choose your distance .. Choose your speed .. Choose your costume .. Choose when



Join Penny's daughter-in-law, Jan, in a sponsored event in her memory to support health and wellbeing activities for residents in isolation and depression.

Set yourself a challenge. Do what you can. Get a friend to sponsor you. Run 5k or 10k ... or just walk once around the outer route. Children may walk, cycle or run 400 yards around the running track. Wheelchairs and pushchairs are welcome. Scoot or skate on the skatepark or go off on a 10k cycle ride. Wear fancy dress or not. It is up to you.



You may prefer to stay away from the crowds and follow your usual walk route and donate online <https://www.parbay.org.uk/donate>