

Want to blow the cobwebs out due to the WAAS Track upgrade and/or want some competition before the state Championships? Then head down to the Bunbury Regional Athletics Arena for the annual City versus Country clash on **Saturday February 1st at 3pm** sharp.

The provisional programme with actual events to be determined on the day will consist of;

2 Sprints

2 Middle distance

2 Throws

2 Jumps ** NEW INCLUSION FOR THOSE WITH A SPRING IN THEIR STEP **

Mixed distance “special relay”

Last year, a number of MAWA members made the trek to compete on Bunbury's Mondo track. So bring the whole family to help MAWA in the points race and enjoy country hospitality and the sausage sizzle that ends the day. The winner receives the perpetual Golden Spike made from local jarrah and a well worn running shoe – if it can be found.

For further details telephone co-ordinator Rob Antonioli (Tolli) on (08) 97541412 (m 0439 285371) or Colin Smith on 0407 598226. Entry fee is just \$5 and competition starts at 3pm. The track is at Hay Park off Parade Road.