

31st July - 4th August

SPRINTS
HURDLES
MIDDLE DISTANCE
RACE WALK

RUN.

PADDOCK WOOD AC'S ANNUAL
ATHLETICS WEEK 'STARTRACK'

JUMP.

LONG JUMP
HIGH JUMP
TRIPLE JUMP



NOW IN IT'S 26TH YEAR!

THROW.

JAVELIN
DISCUS
SHOT
HAMMER

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