



PROJECT GAMBIA

The Blue Kite
Academy Trust

The Abbey Meads Amble 2025

22nd March 2025 - 5K

Walk – Jog – Run – Crawl



When: 22nd March 2025

Time: 11am Start

Registrations 10-10.45am

Come and join us for our annual AMCPS Amble.

One person's sprint is another person's amble. Come and walk, jog, run or even crawl around our specially designed 5K route around Abbey Meads and Seven Fields.

Come and try to set yourself a personal best. Can you beat your time from last year?

Whether a 20-minute dash or a scenic stroll, 5km is 5km (3.1 miles)! Amble, scramble or ramble your way around and **we will celebrate 'finish lines' not 'finish times'...** *unless you want to try for one of the fastest child age group times!*

£5 per person includes medal, number and a whole lot of fun!

We have introduced a £15 per family option for 2025

There will also be a race village with BBQ, cakes and other refreshments available. All money raised will be going to schools run by Project Gambia Charity.

<https://www.projectgambia200.com/>

ALL WELCOME TO THE RACE VILLAGE FOR REFRESHMENTS



Find out more about the charity,
by visiting this link:

<https://www.projectgambia200.com/>

