



HUB GAMES

AT THE HEALTH HUB



SATURDAY 21ST MARCH

ENTRY £10.00 PER PERSON
ALL PROCEEDS WILL BE DONATED TO CHARITY

WHAT ARE THE HUB GAMES?

The Hub Games is a community-driven fitness competition where participants compete in pairs, going head-to-head for the top spot. Male, female, and mixed pairs all compete in their own categories, ensuring fair and balanced competition.

The event brings together like-minded people who enjoy training, challenge, and community. With a friendly and supportive atmosphere, The Hub Games is open to all abilities, as the competition format is tailored to be inclusive, accessible, and rewarding for everyone.

TIMELINE OF THE DAY

- > **09:00** Teams to arrive and check in
- > **09:30** Female briefing to start
- > **10:00** Female category to start
- > **11:00** Male briefing to start
- > **11:30** Male category to start
- > **15:00** Presentation in The Lodge

- SECTION 1 > STRENGTH
- SECTION 2 > ENDURANCE
- SECTION 3 > CHIPPER

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