



# The Avon

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# Old Skool Sports Day

## Everyone loves an old egg and spoon race!

This programme allows you be a kid again for a day. You can get the competitive juices flowing with your work colleagues by competing in the following:

- The sack race
- The egg and spoon race
- The puc fada
- Tug o war
- Wheelbarrow race
- Blindfold challenge
- Archery
- Dry skiing
- Three legged race
- Hoolahoop challenge
- Space hooper race
- Penalty shoot out

And much more besides ...



The Avon, Blessington, Co. Wicklow, Ireland  
+353 (0) 45 900 670 info@theavon.ie



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