

**Yaverland Sailing & Boat Club are pleased to support the annual**



**on Sunday 9th July 2023.**

Dash and Splash is a 5k run (or walk) along the beach from Shanklin to Sandown, along the beach on the sand around the groynes, dashing and sometimes splashing.

**The race starts at the lowest tide, and competitors race the tide to Sandown's Yaverland Beach.**

The Dash and Splash event raises money for Aspire – based in Ryde – who work within the Island community with food banks, community groups and support.

Dash and Splash takes place on Sunday 9th July with a 10:00 start at Shanklin.

Registration is £10 Adult – £5 Child (under 14 must be accompanied ) every competitor gets a medal.

Register at <https://www.gpsport.org/event/dash-and-splash-2023/>.

