

Run 5km & 10km

DATE: 5km Run Wed 30th
Sep 5.45pm, 10km Run
Fri 2nd Oct 5.45pm

VENUE(S): North Hagley Park

AGE: As at 30 September 2009
30+ Men & Women

SPORTS FEE: \$15 per person

CONTACT: Ann or John
Henderson, Phone: (03) 387 0387

EMAIL: annhen@paradise.net.nz

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Please send this completed sports coupon with the Completed Registration Form.



Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female					
Age Groups	<input type="checkbox"/> 30+	<input type="checkbox"/> 35+	<input type="checkbox"/> 40+	<input type="checkbox"/> 45+	<input type="checkbox"/> 50+	<input type="checkbox"/> 55+	<input type="checkbox"/> 60+
	<input type="checkbox"/> 65+	<input type="checkbox"/> 70+	<input type="checkbox"/> 75+	<input type="checkbox"/> 80+			
	<input type="checkbox"/> Wednesday 30th September – Run 5km						
	<input type="checkbox"/> Friday 2nd October – Run 10km						

For more information see www.simasters.co.nz