

Walk 5km & 10km

DATE: 10km walk Wed 30th Sep
6pm start, 5km Walk Fri 2nd
Oct 6.15pm start

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

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Walk 5km & 10km

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



- Gender** Male Female
- Age Groups** 30+ 35+ 40+ 45+ 50+ 55+ 60+
- 65+ 70+ 75+ 80+
- Wednesday 30th September – Walk 10km
- Friday 2nd October – Walk 5km

For more information see www.simasters.co.nz