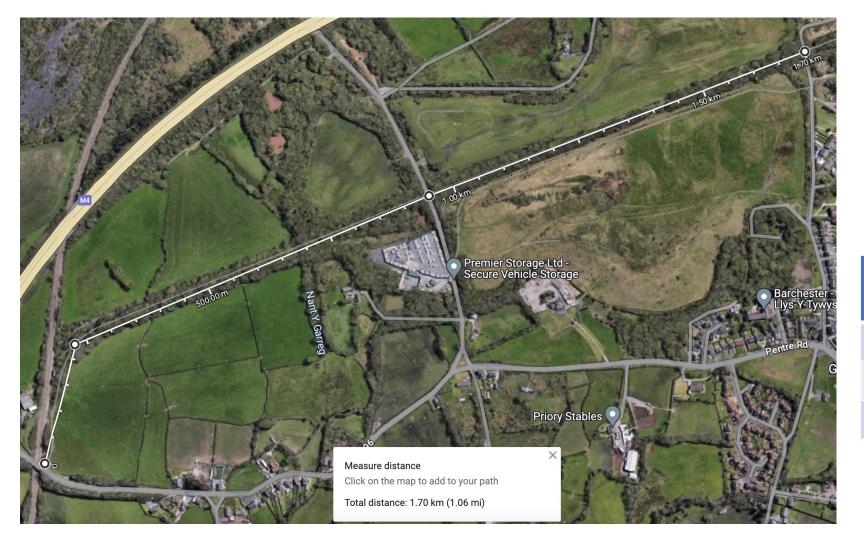
HEALTH & WELLBEING - COUCH TO 5K CHALLENGE





FROM THE BRIDGE TO STATION ROAD IN PENGELLI IS 1700 METRES.

Laps	Distance	Total Distance
1	1700m	1700m
2	1700m	3400m
3	1700m	5100m

