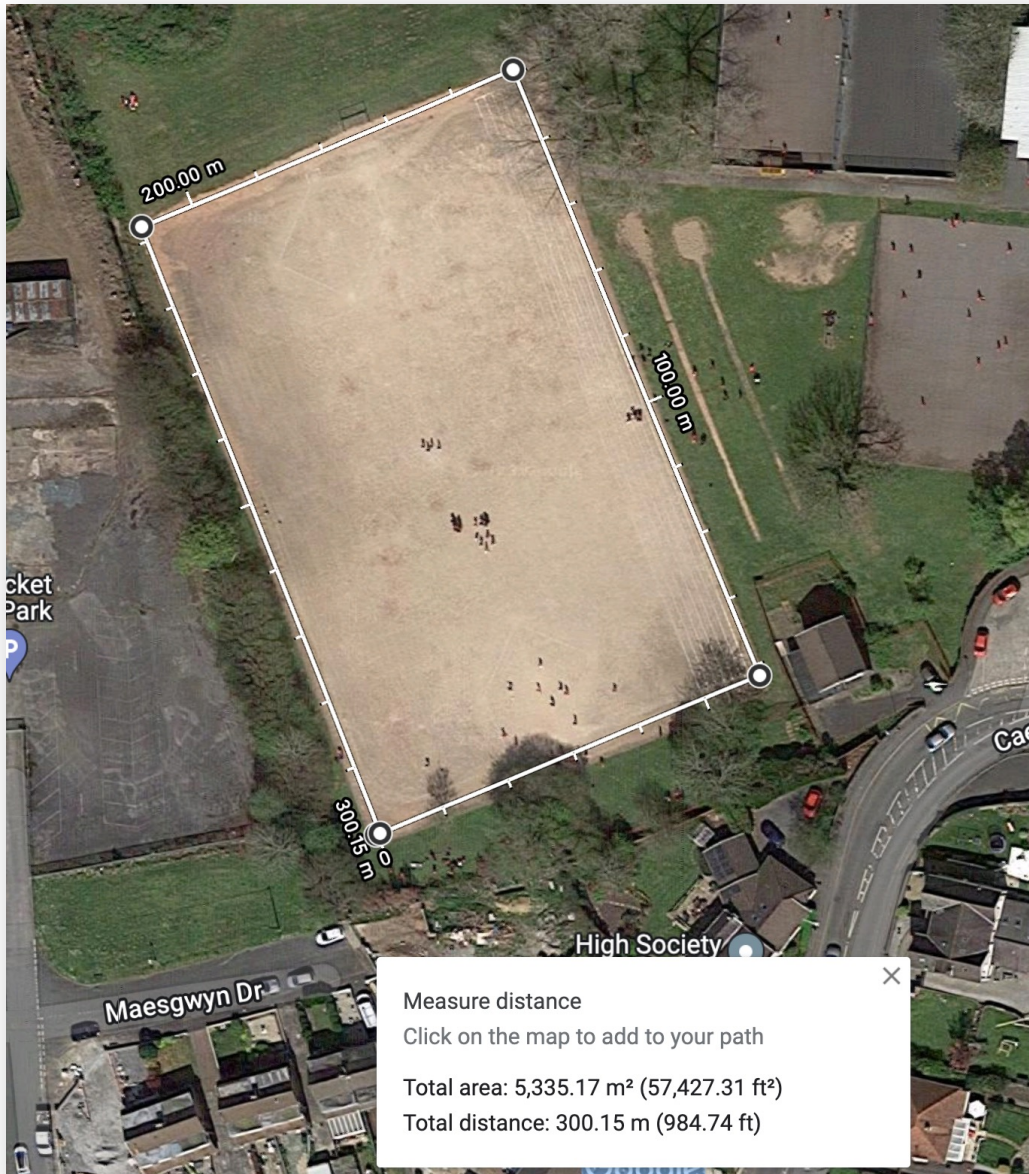


HEALTH & WELLBEING – COUCH TO 5K CHALLENGE



EACH LAP AROUND THE RED GRA IS APPROXIMATELY **300 METRES**.



Laps	Distance	Total Distance
1	300m	300m
5	300m	1500m
10	300m	3000m
15	300m	4500m
17	300m	5100m



HEALTH & WELLBEING – COUCH TO 5K CHALLENGE



EACH LAP AROUND THE PARK FOOTBALL PITCH IS APPROXIMATELY **500 METRES**.

Laps	Distance	Total Distance
1	500m	500m
5	500m	2500m
10	500m	5000m

