

RUN FOR MENTAL WELLBEING

2nd November
Mount Carmel Hospital



14:30 | 5k run
14:35 | 10k run
14:40 | 5k walk
15:30 | children's fun run

Runners and participants are invited to come wearing colourful clothing or accessories. Costumes are also welcome.

to participate, email:
pembrokeathleta@gmail.com



be unique, be you