

MS WALK RUN+ROLL

SUNDAY 29 MARCH | CANBERRA | Rond Terrace – Parkes

#MSWalk | 1300 733 690 | walkrun@ms.org.au

mswalk.org.au



5km Course

1 lap of orange course

10km Course

2 laps of orange course

14.4km Course

2 laps of orange course + 1 lap of pink course