

MS WALK RUN+ROLL

SUNDAY 19 APRIL 2026 | SYDNEY | Metcalfe Park – Pyrmont

#mswalkrunroll | 1300 733 690 | events@ms.org.au

mswalk.org.au

- 1 5km Course**
One lap of orange course
- 2 10km Course**
Two laps of orange course

Rest Site 1 Waterfront Park

-  Toilets
-  Water
-  First Aid
-  Entertainment

Start/Finish Metcalfe Park

-  Information
-  Food/Drink
-  Live Entertainment
-  Face Painting
-  Toilets
-  Water
-  First Aid
-  Fundraising
Reward Collection

Rest Site 2 (10km only) Metcalfe Park

-  Water



*Subject to change