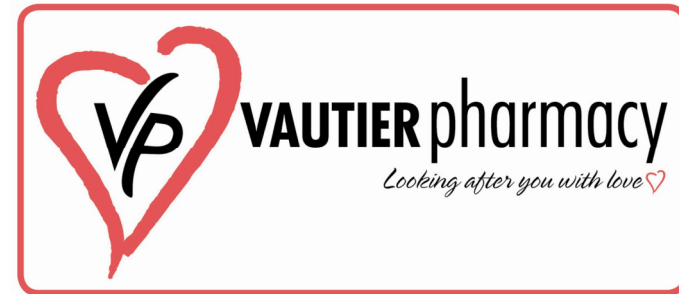




Runners and Walkers

in  
association  
with



CONGRATULATE



ON TAKING PART IN THE

## Super Seven Series 2012

Date	Distance (3km or 7km)	Time
17th January		
24th January		
31st January		
7th February		
14th February		
21st February		
28th February		