

bench2bench

R U N F O R D E N I S



celebrate a legacy

The bench2bench is a commemorative run & walk that began in March 2008 as a tribute to Denis Nixon. Those closest to him vowed to honour him with this event which we will hold around the anniversary of the tragic loss of his life. Denis was a passionate runner & always encouraged & supported those of us who wanted to share his favourite sport.

So in honouring this, we invite you to please join us for the run or walk followed by a light breakfast & prizes...



Date: Saturday, 21 March 2009 | **Time:** 07h30 (Registration from 06h30) | **Venue:** 11 Le Sueur Ave, Constantia | **Distance:** 5km or 10km fun run | **Cost:** R30 pp (includes breakfast) | **Drinks:** Coffee & Tea available or BYO | **RSVP to enter:** carrie@bench2bench.co.za or 082 8222 675 | **Support a charity:** donate your old sports equipment & kit at the event.

www.bench2bench.co.za