

THE HARCOURTS COOPER & CO
Shore to Shore



5km Fun Run/Walk

THE ANNUAL SHORE TO SHORE IS THE LARGEST FUN RUN ON THE NORTH SHORE
SUNDAY 31ST MARCH 2019



Harcourts
Cooper & Co

SIMPSON WESTERN
LAWYERS
HONDA
Honda Cars North Shore

SPORTS
DISTRIBUTORS
PHYSIOCONNECT

PBTECH
THE HITS
97.4 LONE STAR
ALBANY

Dole
PURE
media that works

Devonport-Takapuna
Local Board

Upper Harbour
Local Board

Kaiapātiki
Local Board

Hibiscus and Bays
Local Board

Four Winds
REAL ESTATE

SHORETOSHORE.CO.NZ

#SHORE2SHORE19



PHYSIOCONNECT

NO SURCHARGE UNDER ACC
FREE PHONE: 0800 111 788

PHYSIO | PODIATRY | ACUPUNCTURE | CLINICAL PILATES



OUR LOCATIONS: Birkenhead | Northcote | Browns Bay | Milford | Whangaparoa
Albany - Institute of Golf | Albany | Rosedale | Takapuna | West Gate

HOURS: Mon - Fri 7.00am - 6.30pm | Saturday 8.00am - 12.00pm

KEEP YOUR FAMILY HEALTHY

www.physioconnect.co.nz



Shore to Shore 5km Fun run/ walk

RUN FOR FUN!

Join our Shore to Shore running group!
Beginners, intermediate and advanced run training available!

All abilities are welcome!

To sign up
email
grx@harboursport.co.nz

Training programme ✓
Running and Nutrition Tips ✓
\$10 entry ✓

Active
FOR LIFE

THE HARCOURTS COOPER & CO
Shore to Shore
5km Fun Run/Walk

5
KM