ADVENTURE FOR DEMENTIA

I'm taking on an adventurous running challenge to raise awareness of dementia in New Zealand and support Dementia Canterbury.

TODAY'S LAPS

ELEVATION IN M JANUARY FEBRUARY FEBRUARY 3000 MARCH 300 M APRIL 2003 1 MAY One lap = 5 km & JUNE WINT MANAGER 2001 MANAGUST SEPTEMBER 3831 MM OCTOBER 2001 AND NOVEMBER DISTANCE IN KM



CHEER ME ON IF YOU SEE ME OUT ON THE TRAIL!

480 m climbing

DONATE HERE



FOLLOW THE JOURNEY





