

Friendlies Cane2Coral 2016 Events

READY SET GO!



- Training Sessions
- Online Programs
- Healthy Recipes
- Free Gym Passes*

Free Fitness Plan*
10 Week Program from May to July 2016

Proudly supported by



... Local People Helping Local Patients




4KM, 8KM, 15KM, 21.1KM • RUN & WALK
BUNDABERG
SUNDAY 7TH AUGUST 2016



Weekly Training Programs conducted by quality trainers organised through the YMCA
www.cane2coral.com.au

Training programs available at the following YMCA centres
• BUNDABERG • BARGARA • GAYDAH • MUNDUBBERA

Fitness Plan

NEW FOR 2016!
CASH PRIZES ON OFFER FOR TEAM ENTRIES!

sponsored by **THE WAVES**

Best Dressed
Primary Schools
Secondary Schools
Employer/Work Group
Sports/Community Clubs



Friendly Society Private Hospital



CANE 2 CORAL
4KM, 8KM, 15KM, 21.1KM • RUN & WALK
BUNDABERG

SUNDAY 7TH AUGUST 2016







REGISTER NOW ONLINE
www.cane2coral.com.au

TEAMS - FUNDRAISE TO SUPPORT THE CHARITY OF YOUR CHOICE
20% of team registration fee will be donated to a charity nominated by the team. Conditions apply.

The Fun Run



mrh LAWYERS

WINTER Fireworks SPECTACULAR

Saturday 23rd July 2016
join us for the
2016 Cane2Coral Gala
Black Tie Dinner and Beach BBQ

Black Tie Dinner	Beach BBQ
Time: 6.30pm till late Location: Upstairs Bundaberg Surf Lifesaving Club Bargara Entry Fee: \$220 • Cocktails and nibbles on entry • Fireworks at 6.45pm • Dinner catered by INDULGE • Music by Australia Day Awards Winner • Fundraising auctions	Time: 3-6.30pm Location: Nelson Park Bargara Entry Fee: Coin donation • Fun, Food, Market Stalls & Games • Sausage and steak sizzle • Market and food Stalls • Games for the kids • Fireworks spectacular at 6.45pm

MRH LAWYERS FIREWORKS AT 7.00pm



For full details visit
www.cane2coralgala.com.au



MONSIEUR ALL YOUR MOODS!
24hr 9.99
4BU classic hits
ALL 2016
mcs93.com.au 4bu.com.au radio4.com.au

Gala Event