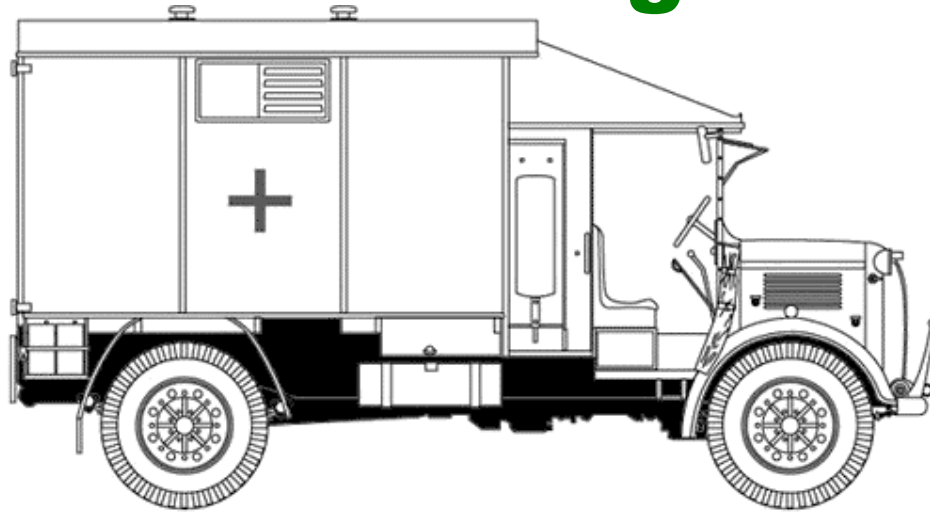


"Worth Waiting For"



Ice Cold in Alex Run 2010

- When:** Friday 17th September
- Where:** Alexandria
- What:** Half Marathon
- Who:** NCBIS Staff, Parents & acquaintances
- By:** Registration by Thursday 29th April
- Contact:** Andy Davidson
adavidson@ncbis.net