



**AVOHK 40<sup>th</sup> Anniversary Handicap Run**  
**Saturday, 29<sup>th</sup> October 2022 at 4:00pm**  
**At**  
**Blacks Link, Wanchai Gap**  
**Entry Form**

**Name:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Contact telephone number:** \_\_\_\_\_

**Current 5k time:** \_\_\_\_\_

Send entries by email to: **avohk40@gmail.com**