

Mahers Sports IPS-GARDA



5K ROAD RACE



Date: Wed 13th July 2011 @8pm

At: **Marina** entries @ Lee Rowing Club



Under BHAA Rules www.corkbhaa.com

Refreshments

Men

Top Four Overall

1st three men O/40/45/50/55

1st two men O/60

1st O/65

Top three teams A,B&C.

Entry Fee €5 and €8 for non members

PRIZES

Spot Prizes

Ladies

Top Four Overall

1st three O/35/40/45.

1st two O/50/55.

Top two teams A&B.

Fun Runners Welcome

Full details: Mick Dooley 087-9790806

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