



Inter Firms 5k Road Race

Letterkenny, Co.Donegal

In Association with



18th May 2010 - 7.30pm
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Entry Fee - € 8

Individual Prizes

Junior Men - 1st, 2nd, 3rd . Junior Women - 1st, 2nd, 3rd .

Senior Men - 1st, 2nd, 3rd . Senior Women - 1st, 2nd, 3rd .

Master Women – 40+ 1st, 2nd, 3rd . Master Women – 45+ 1st, 2nd, 3rd .

Master Men 40+ - 1st, 2nd, 3rd . Master Men 50+ - 1st, 2nd . Master men 60+ - 1st .

Inter Firms Team Prizes

Men 1st, 2nd, 3rd . (3 to score) . Women 1st, 2nd, 3rd . (3 to score)

N.B. Team members must be based in same work location

Registration from 6.15pm

Aura Leisure Centre, Ballymacool, Letterkenny.

Contact: Brendan Mc Daid 0868113947, www.lac.ie .

A.A.I. Permit Granted.