

# **TÍR CHONAILL ATHLETIC CLUB**

[www.tirchonaillac.com](http://www.tirchonaillac.com)

## **Donegal Town 5k**

*‘Inviting, fit4life, walkers, joggers, and runners’*

The Donegal Town 5k will be held on Friday evening 4th June – at 7.30pm. Traditionally this event, part of the Donegal Co Board, Asaics/Brian McCormick sponsored, Grand Prix attracts a large field from all over the North West and beyond –last year over 100 finishers

### **Details**

- **Fast ,flat, accurately marked course – race starts at Super Valu and proceeds through the town onto the Mountcharles Road to the first roundabout, onto Ballydevitt and Drimark and back onto the Killybegs/Donegal Rd. to finish opposite Tir Conaill Park**
- **Registration – Abbey Voc Gymnasium from 6.30pm**
- **Entry fee –8 euro 8stg**
- **Warm and Cool down area – grounds of the Abbey Voc School -400metres from the start**
- **Prizes –First three, Male and Female, in all categories plus numerous spot prizes**
- **Presentations – Abbey Voc Gymnasium at 8.30pm plus refreshments for all competitors**
- **Results will be posted immediately on the Tir Conaill athletics club site [www.tirchonaillac.com](http://www.tirchonaillac.com)**
- **Enquiries to Eamon Harvey [harveyeamon@hotmail.com](mailto:harveyeamon@hotmail.com) or phone 087 2797548 / 0749721578**