

Tir Chonail A.C.

5K Spring Series 2012

Dates: Sunday 1st April start: 10am
Sunday 15th April start: 10am
Sunday 29th April start: 10am

- **Tir Chonail A.C. invites you to participate in a series of 5k road events during April 2012.**
- **Course - flat accurately marked course -starting and finishing at the clubs HQ, Abbey Voc. School, Donegal Town**

Numerous prizes

- **a specially designed quality T-Shirt for those who participate in all events**
- **a series of 10 spot prizes each week -drawn randomly at the conclusion of each race**
- **hospitality afterwards**
- **provides an opportunity and a challenge for walkers, get fit enthusiasts, fit4life and competitive athletes in a friendly supportive community environment**
- **All welcome**
- **Just turn up and register- €5 and away you go**
- **Run, Jog, Walk, Chat**
- **Tir Chonail AC - Annual Open Track and Field meet**

On Easter Monday - 9th April - full range of events electronic timing - over 600 competed last year

**Enquiries to David Doherty, 086 8011540 gortlosky@gmail.com
or Eamon Harvey, 087 2797548 harveyeamon@hotmail.com**

- ***Also Donegal Grand Prix Road Series in our area***
Ballyshannon 5k Fri 11th May 2012
-7.30pm
Donegal Town 5k Fri 1st June 2012 -7.30pm