

Tir Chonail Athletic Club

www.tirchonailac.com

5K Road Race

Incorporating fit4life series of walks/races

Main Sponsor

All Sports Donegal Town

Friday 5th June 2009 - 8.00p.m.

Registration & Parking at Abbey Voc School, Donegal Town
from 6pm

Prizes

Senior Men Senior ladies - 1st three men 1st three Ladies
1st Three masters Male - over 35, 40, 45, 50, 55, 1st
over 60
1st Three Masters Female -over 35, 40, 45, 1st over 50, 60
1st Three Juniors – Male and Female
Numerous spot prizes
Entry fee 10 Euro

6.30 p.m. Fit4life two miles walk on new track
7 p.m. Fit4life and Juvenile Mile Races on new track
Entry fee 5euro

All 5k and fit4life walk/ race entrants will receive a prize
i.e. choice of t-shirt, shoulder spike bag

The race is part of the

Donegal Co Board Brian McCormick/ Mizuno Road League

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