## SLIGO FIT4LIFE WOMEN'S 8K MINI MARATHON

An event for female runners and walkers of all abilities - ideal preparation for Dublin Ladies mini marathon.

WHO: Girls/Women of all fitness levels aged 15+
WHEN: Sunday $18^{\text {th }}$ May 2008
WHERE: Course starts on Ash Lane (beside Sligo IT)
TIME: $\quad 1.30$ p.m start / Registration on day from 11.30 a.m. at IT Sligo's new sportshall.

Awards will be made to the top three runners in the following categories (1-9) :

1 Age 15 - under 18 (U18 on day of race)
3 Age 23 - under 35 (U35 on day of race)
5 Age 40 - under 45 (U45 on day of race)
7 Age 50 - under 55 (U55 on day of race)
9 Age 60 and over

2 Age 18 - under 23 (U23 on day of race)
4 Age 35 - under 40 (U40 on day of race)
6 Age 45 - under 50 (U50 on day of race)
8 Age 55 - under 60 (U60 on day of race)
10 Walkers *
*Awards will be made to walkers. There will be 10 spot prizes available to be raffled amongst all those who participate as walkers.

Entries by post before May $\mathbf{1 2}^{\text {th }} \mathbf{2 0 0 8}$ will guarantee participants with a T-shirt - otherwise $t$-shirts will be given out on day subject to availability.

Entry forms to be sent to: Terry Hayes, 16 Rathanna, Pearse Rd, Sligo
Entry Fee - $€ 10$ / $€ 5$ under 23's
Enquiries/Registration:
Terry Hayes
0872274622
Ray Flynn
0876566215

Fit 4 Life Women's Mini Marathon Application

## Name

Address
D.O.B. $\qquad$ (please indicate category 1-9) (Walker/please tick)

Entry Fee enclosed:
$€ 10$ $\square$ € 5 (under 23's)


