





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 th May 2008			
WHERE:	Course starts on Ash Lane (beside Sligo IT)			
TIME:	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)	2	Age 18 – under 23 (U23 on day of race)
3	Age 23 – under 35 (U35 on day of race)	4	Age 35 – under 40 (U40 on day of race)
5	Age 40 – under 45 (U45 on day of race)	6	Age 45 – under 50 (U50 on day of race)
7	Age 50 – under 55 (U55 on day of race)	8	Age 55 – under 60 (U60 on day of race)
9	Age 60 and over	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 12^{th} 2008 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

	 Fit 4 Life Women's Mini Marathon Application				
	Ray Flynn	087 6566215			
Enquiries/Registration:	Terry Hayes	087 2274622			

Fit 4 Life women's with Marathon Application

Name	
Address	
D.O.B.	(please indicate category 1-9) (Walker/please tick)
Entry Fee enclosed: €10 (please tick)	€5 (under 23's)