

Swinford Athletic Club

8 km road race

In association with Mayo AC League

On Sunday 3rd August 2008

Children's 1 mile race @4pm, €5 entry includes free T-shirt

Adults race @5pm, €10 entry, T-shirt extra €5

New fancy dress and team competition (not open to AC members)

Walkers/fun runners welcome

Collect for your chosen charity

Tel Peter: 087 9014211 or Joe: 0872451028