



WEST WATERFORD ATHLETIC CLUB 18th ANNUAL 10 MILE ROAD RACE

RUN THE CLASSIC DISTANCE ON A FAST FLAT COURSE

Sunday 1st February 2009, 1.00pm

****NEW VENUE**** Sports Centre close to Parish Church

ENQUIRIES:

Gerry Cantwell 086.3503571 / James Veale 086.8184762 / Ann Dunford 086.0619711



ENTER ONLINE www.westwaterfordathletics.org

*** CHIP TIMING ** SUBSTANTIAL GOODY BAG *
TO INCLUDE A LONG-SLEEVED RUNNING TOP**

€3,000 IN PRIZE MONEY • SPOT PRIZES GALORE

€400 for 1st Male & Female • €250 cash bonus for breaking course record

Mens Record: Sandis Bralitis West Waterford 50:08

Ladies Record: Lucy Brennan Sligo AC 58:42

- Accurately measured course - Jones Counter
- Refreshments and shower facilities after race
- AAI permit granted
- Race number 2 in:
Michael Roche Carpets Spring Series, and
John Buckley Sports Munster 10 Mile Series

Men

1st 6
1st/2nd Over 40, 45, 50, 55
1st Over 60, 65
1st Junior

Ladies

1st 4
1st/2nd Over 35, 40, 45, 50
1st Over 55, 60
1st Junior

ALSO

Wheelchair Category
3 Mens Teams & 1 Ladies Team
Individual prize winners not counted on teams

ENTRY FORM (BLOCK CAPS PLEASE)

Pre-enter online €15 before Friday January 23rd www.westwaterfordathletics.org

Pre-enter by post €15 before Friday January 23rd

Entry on the day €20 up to 12.15pm in Dungarvan Sports Centre

Name _____ Phone _____

Address _____

Club _____ Male Female

e-mail address _____ Date of Birth _____

Please tick category

- Senior Junior O35 O40 O45
 O50 O55 O60 O65 Wheelchair

Post entries to Ann Dunford, The Green, Kilgobnet, Dungarvan, Co. Waterford
Cheques payable to West Waterford AC



Dungarvan Town Council
Supporting Local Athletics