



WEST WATERFORD ATHLETIC CLUB 10 MILE ROAD RACE

Main sponsor: **DUNPHY INSURANCES**, local agent for **VIVAS Health**

SUNDAY 3RD FEBRUARY 2008, 1 P.M.

Run the classic distance on a fast, flat course at the
CRYSTAL SPORTS CENTRE, DUNGARVAN (near KILRUSH ROUNDABOUT N25)

MEN

Senior 1st 6
1st/2nd Over 40 & 45
1st/2nd Over 50 & 55
1st Over 60 & 65

WOMEN

Senior 1st 4
1st /2nd Over 35 & 40
1st/2nd Over 45 & 50
1st Over 55 & 60

ALSO

1st & 2nd Junior
Wheelchair Category
3 Men Teams (3 Score)
1 Ladies Team (3 Score)

**Individual Prize Winners not counted on Teams CASH BONUS FOR 1st Man & 1st Woman
NUMEROUS SPOT PRIZES**

- **Accurately Measured Course – Jones Counter**
- **Refreshments and Shower Facilities after race**
- **Finishing gift, t-shirt and goody bag for all finishers**
- **A.A.I. PERMIT GRANTED**
- **Race No 2: John Buckley Sports Munster 10ml Series**
- **Race No 2: Michael Roche Carpets Spring Series**
- **Extra entry forms & results available on web at www.westwaterfordathletics.org**

Pre-enter before Feb 1st €15.00, late entries on race day €20.00

Contact Gerry Cantwell on 058-46292, 086-3503571 or James Veale on 058-42059, 086-8184762
www.westwaterfordathletics.org

MORE POWER TO YOUR HEALTH



ENTRY FORM (BLOCK CAPS PLEASE)

Name _____	Phone _____
Address _____	
Club _____	Sex Male <input type="checkbox"/> Female <input type="checkbox"/>
Please tick category	Date of Birth _____
Senior <input type="checkbox"/>	035 <input type="checkbox"/>
Junior <input type="checkbox"/>	040 <input type="checkbox"/>
050 <input type="checkbox"/>	045 <input type="checkbox"/>
055 <input type="checkbox"/>	060 <input type="checkbox"/>
060 <input type="checkbox"/>	065 <input type="checkbox"/>
	Wheelchair <input type="checkbox"/>

Post entries to Denise Regan, Ballinamuck, Dungarvan, Co Waterford.
Cheques payable to "West Waterford AC"

HIT THE GROUND RUNNING

DUNPHY INSURANCES are the leading local agent for **VIVAS Health**. Below are just some of the benefits **VIVAS Health** plans give you empowering you to take greater control of your health:

- Access to more hospitals & treatment centres
- Cover for Whitfield Clinic
- Access to overseas treatment
- 24 hour nurse-on-call service
- Unique maternity cover
- Best scan cover available
- Best cover for health screening
- Money back on a wide range of daily medical expenses such as G.P. visits on **day-to-day** plans

See how much you could save

	VIVAS Health 'we plan' level 2	VHI Plan B Option	SAVING
Annual premium	€556.00	€720.66	€164.66

All prices include 10% group discount and are net of tax relief at source at the standard rate. Prices correct at time of going to print November 2007. Cover may vary, depending on product, provider, or type and level of plan. Terms and conditions may apply.

For more information on the best plan for you

Call Dunphy Insurances on **058 41589**

or call Mel on **087 234 1001** or Jerdi **087 686 9300**