## RACE: I

Kilmovee 10k
Sat April 7th @ 1 pm (C) John:086 1737111

## RACE: 4

Swinford AC 8k Sun August 5th @ 4pm (C) Peter: 0879014211

RACE: 7

## Ballyhaunis 8k

Sat Sept 29th @ 4pm (4) Martin: 0872455989

## RACE: 2

## Balla 8k

Sat May 19th @ 6pm
(C) Brendan: 0872941227

## RACE: 5

Claremorris 5 Mile Sat August 25th @ 6pm (C) Tel:0949372250

## RACE: 8

## Ballina 4 Mile

Sun Oct 14th @ 3 pm
(C) Michael: 0876611975

## RACE: 3

## Balla 10k

Sat July 28th @ 7 pm
(6) Brendan: 0872941227

## RACE: 6

## Ballina AC 10k

Sun Sept 16th @ 3 pm
(C) Marion: 0863644073

ROAD LEAGUE PRIZZES: $\begin{gathered}\text { When the final League table is calculated } \\ \text { the folowing prizes will be awarded: }\end{gathered}$
Men - Ist, 2nd, 3rd |Women - Ist, 2nd, 3rd.
Master Men 0.40 - Ist, 2nd | Master Women 0.35 - Ist, 2nd Master Men 0.50 - Ist, 2nd | Master Women 0.45 - Ist, 2nd Master Men 0.60 - Ist, 2nd |Master Women 0.50 - Ist, 2nd Junior Men - Ist | Junior Women - Ist

## PREVIOUS WINNERS:

MALE: - Seamus Breslin 1999, 2000 FEMALE: - Ann Lennon 1999, 2000, 2002

- Paddy Murray 2001
- Ian Egan 2002
- Ann Moran 200I
- Michael O’Connor 2003
- Angela O'Connor 2003
- Martin Conroy 2004
- Breege Blehein-McHale 2004, 2005
- John Byrne 2005, 2006, 2008
- Regina Casey 2006
- Mary Gleeson 2007, 2008, 2010, 201 I
- Robert Malseed 2007
- Gerry Ryan 2009, 2010
- Matt Bidwell 201I
- Catherine Conway 2009


## MOST IMPROVED AWARD WINNERS:

2007-TJ McHugh
2008 - Sean Gallagher 2009 - Daniel Murray 2010-Roger Barrett
2011 - Brendan Hession

Marian Sheridan Catherine Conway Chris Gallagher Colette Tuohy Sarah Syron

## ROAD RACE LEAGUE RULES:

In each race the top 25 men and women to finish will be awarded points, i.e. 25 points for Ist place - I point for 25 th place. A competitor's best scores from a maximum of six races will be used to calculate their final score. There is no requirement to run a minimum number of races to be eligible for League prizes. It is not necessary to enter for the Road League as results will be taken from each race official result sheet. Dates of birth for Road League age categories as on $07 / 04 / 12$ (i.e. day of first race) A competitor is eligible for one prize only on the Road League table.
GENERAL INFORMATION:
Each participating race will have its own prize structure etc. and will be advertised in advance in the usual way. All League Prizes will be presented on day, after final League race Information on Road League contact: Michael @ (086) 8534729 (after 7pm) or Check our Website

