Organised by:

.eague

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l 4th Annual





14TH MAYO AC /C+C CELLULAR LEAGUE 2012 DATES:

RACE:

Kilmovee 10k Sat April 7th @ 1 pm 🗘 John: 086 1737111

RACE: 2

Balla 8k Sat May 19th @ 6pm (C) Brendan: 087 2941227

RACE: 3

Balla 10k Sat July 28th @7 pm **(C)** Brendan: 087 2941227

RACE: 4

Swinford AC 8k Sun August 5th @ 4pm © Peter: 087 9014211

RACE: 5

Claremorris 5 Mile Sat August 25th @ 6pm Tel: 094 9372250

RACE: 6

Ballina AC 10k Sun Sept 16th @ 3 pm (C) Marion: 086 3644073

RACE: 7

Ballyhaunis 8k Sat Sept 29th @ 4pm (C) Martin: 087 2455989

RACE: 8

Ballina 4 Mile Sun Oct 14th @ 3 pm **©** Michael: 087 661 1975

RACE: 9

Hollymount Road Races Sun Nov 11th @1 pm Sean: 086 8402679



ROAD LEAGUE PRIZES: When the final League table is calculated the following prizes will be awarded:

Men - Ist, 2nd, 3rd | Women - Ist, 2nd, 3rd.

Master Men 0.40 - 1st, 2nd | Master Women 0.35 - 1st, 2nd

Master Men 0.50 - 1st, 2nd | Master Women 0.45 - 1st, 2nd Master Men 0.60 - 1st, 2nd | Master Women 0.50 - 1st, 2nd

Junior Men - 1st | Junior Women - 1st

irish**runne**i Trophies awarded to most improved Runners over series

PREVIOUS WINNERS:

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

- Paddy Murray 2001
- Ian Egan 2002
- Michael O'Connor 2003
- Martin Conroy 2004
- John Byrne 2005, 2006, 2008
- Robert Malseed 2007
- Gerry Ryan 2009, 2010
- Matt Bidwell 2011

- Ann Moran 2001
- Angela O'Connor 2003
- Breege Blehein-McHale 2004, 2005
- Regina Casey 2006
- Mary Gleeson 2007, 2008, 2010, 2011
- 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 1st place - I point for 25th 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) 853 4729 (after 7pm) or Check our Website