

5Km Chipped Road Race Sunday 15th of October @ 1pm Bush, Riverstown Dundalk, Co. Louth

## Prizes

1st, 2nd, & 3rd Individuals- Senior Men & Women Vet Men 45 & 55/ Vet Women 45/ 55
Team Prizes Men & Women, 1st 2 Teams of 3
Registrations- www.myrunresults.com
Entries: Online 15euro/ 20euro on the day
AAI Permit Athletes/ Must be born 2001 or before

## JUVENILE CROSS COUNTRY PROGRAMME

Johny Mullen Cup for best Juvenile Club
Juvenile Cross Country Programme begins at 12pm
2 Euro Entry Fee on the line in each race
Age Groups (Boys& Girls); Under 9/11/13/15
Prizes for the 1st 10 Individuals in each Race
Under 17/19, Male & Female, 1st 3 Individuals
1st 2 Teams of 3

After Race Refreshments served in Canteen Enquiries to Irene o86 o36 8463/ Rose o87 2325615