



BANDON ATHLETIC CLUB

5 MILE ROAD RACE



FOR THE DONOUGH COUGHLAN MEMORIAL CUP

5 MILE ROAD RACE

Tues, January 1st 2013

Race Starts 1:00 pm

(Entries/Registration taken in GAA Pavilion Bandon)
(€10 Race Entry Fee)

Athletics Ireland Permit Number 13/004 granted

Refreshments available after the race in GAA Pavilion

Prizes (Total prize fund is over €1,000!!)

| Men | Women |
|-------------------------------------|-------------------------------------|
| First 5 | First 5 |
| First 3 in Over 40's | First 3 in Over 40's |
| First 3 in Over 45's | First 3 in Over 45's |
| First 3 in Over 50's | First in Over 50's |
| First in Over 55's | First Junior (U20) |
| First in Over 60's | 1st Ladies Team(3 to score) |
| First in Over 65's | €100 for a new Course Record |
| First in Over 70's | |
| First Junior (U20) | |
| 1st Mens Team(4 to score) | |
| €100 for a new Course Record | |

First Wheelchair Athlete

Please note Team results excludes any individual or age category winners as scorers.

€5 entry for Junior's (minimum age 15 to compete.)

Non-competitive walk starts at 12.30pm. €5 entry for walk

All walkers included in draw for spot prizes

More information at www.bandonac.org or contact 0879074390