



BANDON ATHLETIC CLUB



5 Mile Road Race and Walk

Thursday, January 1st 2015

FOR THE DONOUGH COUGHLAN MEMORIAL CUP

Race Starts 1:00 pm

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

Athletics Ireland Permit Granted

**Refreshments available after the race in GAA
Pavilion**

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

***Non-competitive walk starts at 12.30pm. €5 entry with proceeds
from the walk going to support the Jamie Wall fund.***

All walkers included in draw for spot prizes

More information at www.bandonac.org

Prize Fund over €1500

Men

First 6

First 3 in Over 40's

First 3 in Over 45's

First 3 in Over 50's

First in Over 55's

First in Over 60's

First in Over 65's

First in Over 70's

First 3 Juniors (U20)

1st Mens Team(4 to score)

€150 for new course record – current

Record is set at 23.41

Women

First 6

First 3 in Over 40's

First 3 in Over 45's

First in Over 50's

First 3 Juniors (U20)

1st ladies Team (3 to score)

**€150 for a new course record – current
record is set at 27.53**

First Wheelchair Athlete