

ADARE 10K

Sunday 1st March at 2pm

(Also 10k Non-Competitive Walk) at 1:30PM



Entry Form

Please fill in your details below (Block Letters)

ENTRY:

Adult ⇔ 10.00
Juniors ⇔ 5.00
Walkers ⇔ 5.00

For Race Results & Photos
go to: www.westlimerickac.com

Run: Walk: Race No:

Name: _____

Address: _____

Club: _____

Date of Birth: ___ / ___ / _____

Category:

Male: Junior: M: O40: O45: O50: O55:
Female: Junior: F: O40: O45: O50: O55:

Phone: _____

Email Address: _____

Prizes

1st 8 Men and 1st 6 Ladies

Men: 1st x 3 over 40, 1st. x 3 over 45, 1st. x 2 over 50, 1st x 2 over 55, 1st x over 60, 1st x over 65 & 1st x over 70.

Ladies: 1st x 2 over 40, 1st x 2 over 45, 1st x over 50, 1st x over 55.

Junior: 1st x 3 Male & Female

1st Wheelchair Athlete

Spot Prizes for walkers

Team: 1st. 3 Team Prizes (Male)

1st. 3 Team Prizes (Female)

Bonus for Course Record

Bonus for Course Record !!

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Seamus Power
30:34

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Valerie Vaughan
34:33

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