

FOR FULL RACE INFORMATION & ONLINE ENTRY PLEASE VISIT

[www.dungarvan10mile.org](http://www.dungarvan10mile.org)



## WEST WATERFORD ATHLETIC CLUB 21st ANNUAL 10 MILE ROAD RACE

Sunday January 29 2012, 1.00pm, Dungarvan Sports Centre (close to Parish Church)

REDUCED ENTRY FEE OF €15 UNTIL 16 DEC, ENTRY CLOSING DATE 16 JAN

CHIP TIMING - SUBSTANTIAL GOODY BAG - DRI-FIT RUNNING TOP  
€4,000 IN PRIZE MONEY - SPOT PRIZES GALORE

€400 for 1st Male & Female • €250 cash bonus for first male and female breaking course record  
Records: Mens - Mareks Floroseks (Latvia) 49.26 Ladies - Siobhain O Doherty (Borrisokane) 56.28



Come Run With A Legend



### THE JOHN TREACY CLUB CHALLENGE

**PERPETUAL CUP** Separate men's and ladies' cups will be awarded to the winning teams. Your club's three best combined times, regardless of category, count. Individual prize winners can also count.

### ENQUIRIES (STRICTLY NO ENTRY ON RACE DAY)

- Ann Dunford 086.0619711
- James Veale 086.8184762
- Gerry Cantwell 086.3503571

- Accurately measured course - Jones Counter

- Post race refreshments
- AAI permit granted
- Race no. 1 John Buckley Sports Munster Spring Classics
- Race no. 2 in Michael Roche Carpets Spring Series



Waterford County Local Authorities  
Udarás Aitiúla Chontae Phort Láirge



OPTIMUM NUTRITION  
WWW.OPTIMUMNUTRITION.COM/IE



WATERFORD  
SPORTS  
PARTNERSHIP  
An Irish Sports Council Initiative



Dungarvan Town Council  
Supporting Local Athletics

### MEN

- 1st 10
- 1st/2nd Over 40, 45, 50, 55
- 1st Over 60, 65
- 1st Junior

### LADIES

- 1st 6
- 1st/2nd Over 35, 40, 45, 50
- 1st Over 55, 60
- 1st Junior

### ALSO

Wheelchair Category  
3 Mens Teams, 1 Ladies Team  
Three to score - individual prize winners not counted on teams.

RUN THE CLASSIC DISTANCE ON A FAST FLAT COURSE

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## ENTRY FORM

BLOCK CAPITALS - CLOSING DATE 16 JAN 2012

- ▶ PRE ENTRY ONLY
- ▶ ENTER ONLINE OR BY POST  
€15 BEFORE 16 DECEMBER 2011  
€20 BEFORE 16 JANUARY 2012
- ▶ FIRST 1,500 ENTRIES ACCEPTED
- ▶ NO ENTRY AFTER 16 JANUARY 2012
- ▶ STRICTLY NO ENTRY ON RACE DAY

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Athletic Club Name \_\_\_\_\_

Telephone \_\_\_\_\_

e-mail \_\_\_\_\_

Date of birth \_\_\_\_\_

Male  Female

### Please tick age category

- Junior (Over 18)  Senior
- O35 (Ladies Only)  O40
- O45  O50
- O55  O60
- O65 (Men Only)  Wheelchair

Age on race day \_\_\_\_\_

### Cheques/postal orders payable to

West Waterford AC

Post entries to Ann Dunford, The Green,  
Kilgobnet, Dungarvan, Co. Waterford.

**Disclaimer:** I have completed all the above correctly and I agree that the organisers shall not be liable for any accidents, injury, loss or damage, as a consequence of my participation in the West Waterford Athletic Club 21st Annual 10 Mile Road Race.

Signed \_\_\_\_\_

Date \_\_\_\_\_

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