

# SLIGO FIT4LIFE



## WOMEN'S 8k MINI MARATHON

An event for female **Runners** and **Walkers** of all abilities.  
Ideal preparation for Dublin Ladies' Mini Marathon.

- WHO:** Girls/Women of all fitness levels aged 15+  
**WHEN:** Sunday 13<sup>th</sup> May 2007  
**WHERE:** Course starts on Ash Lane (beside IT Sligo )  
**TIME:** 1.30 p.m start - Registration on day from 11.30 a.m.  
at IT Sligo's new Sports Hall.

Awards will be made to the top three runners in the following categories (1-9):

- 1** Age 15 - 18 (under 18 on day of race)    **2** Age 18 - 23 (under 23 on day of race)  
**3** Age 23 - 35 (under 35 on day of race)    **4** Age 35 - 40 (under 40 on day of race)  
**5** Age 40 - 45 (under 45 on day of race)    **6** Age 45 - 50 (under 50 on day of race)  
**7** Age 50 - 55 (under 55 on day of race)    **8** Age 55 - 60 (under 60 on day of race)  
**9** Age 60 and over                                    **10** Walkers\*

**\*Awards will be made to walkers.**

**There will be 10 spot prizes available to be raffled amongst all those who participate as walkers.**

Entries by post before April 30<sup>th</sup> 2007 will guarantee participants with a T-shirt - otherwise T-shirts will be given out on day subject to availability.

**Entry Fee €10/€5 under 23s**

**Enquiries/Registration: Terry Hayes 087 2274622 Ray Flynn 087 6566215**

### Fit4Life Women's Mini Marathon Application

Name \_\_\_\_\_

Address \_\_\_\_\_

D.O.B. \_\_\_\_\_ (please indicate category 1-9)  Walker/please tick

Entry Fee enclosed: €10  €5 (under 23s)  (please tick)

**Entry forms to be sent to: Terry Hayes, 16 Rathanna, Pearse Rd, Sligo**