







WOMEN'S 8k MINI MARATHON

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

> Girls/Women of all fitness levels aged 15+ WHO:

WHEN: Sunday 13th 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)

10 Walkers* 9 Age 60 and over

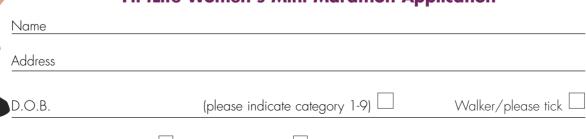
*Awards will be made to walkers. There will be 10 spot prizes available to be raffled amongst all those who participate as walkers.

Entries by post before April 30th 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





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