

# Metropolitan Harriers & St Brigid's A.C.

*Presents the*

## **GERRY FARNAN CROSS COUNTRY RACES**

*and*

### **THE MASTERS MEN AND WOMEN CC TRIALS**

*(Under AAI Permit)*

**Sunday 21st October 2007**

*Magazine Fort, Phoenix Park*

### **WOMENS 3 MILE RACE AT 2:30pm**

*3 individual prizes \* 2 team prizes (3 to score)*

*2 individual prizes for Junior Women under 20*

*Masters race: 2 individual prizes for over 35/40/45/50 only*

### **MENS 5 MILE RACE AT 3:15pm**

*3 individual prizes \* 3 team prizes (4 to score)*

*2 individual prizes for Junior men under 20*

*Masters: 2 individual prizes for over 35/40/45/50/55/60 only*

**Registration \* Changing \* Prizegiving \* Refreshments**  
**DONORE HARRIERS CLUBHOUSE, CHAPELIZOD**

**Entry fee €10 before 19th October (€15 on race day)**

*Entries to: Mary Friel,*

*MSBAC, Unit 2, Coolport, Coolmine Business Park, Dublin 15*  
*(Payable to M.S.B.A.C)*

*For further information contact:*

*Dan Kavanagh 086 850 0704 or*

*www.msbac.com*

**\*COMPLETE ENTRY FORM ON REVERSE SIDE\***

# **\*Entry Form\***

## **GERRY FARNAN CROSS COUNTRY RACES**

and

### **THE MASTERS MEN AND WOMEN CC TRIALS**

(Under AAI Permit)

**Sunday 21st October 2007**

**Magazine Fort, Phoenix Park**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone no.: \_\_\_\_\_

E-mail: \_\_\_\_\_

Club name: \_\_\_\_\_

### **Tick as appropriate:**

Gender: M \_\_\_ F \_\_\_ Age on race day \_\_\_

Senior \_\_\_ Junior \_\_\_ Master \_\_\_

### **Mens Master**

Over 35 \_\_\_ 40 \_\_\_ 45 \_\_\_ 50 \_\_\_ 55 \_\_\_ 60 \_\_\_ 65 \_\_\_ 70 \_\_\_

### **Womens Master**

Over 35 \_\_\_ 40 \_\_\_ 45 \_\_\_ 50 \_\_\_ 55 \_\_\_ 60 \_\_\_ 65 \_\_\_ 70 \_\_\_

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