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 18th May 2008

WHERE: Course starts on Ash Lane (beside Sligo IT)

TIME: 1.30 p.m start / Registration on day from 11.30 a.m.
                     at IT Sligo's new sportshall.

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

1	Age 15 – under 18 (U18 on day of race)	**2**	Age 18 – under 23 (U23 on day of race)
3	Age 23 – under 35 (U35 on day of race)	**4**	Age 35 – under 40 (U40 on day of race)
5	Age 40 – under 45 (U45 on day of race)	**6**	Age 45 – under 50 (U50 on day of race)
7	Age 50 – under 55 (U55 on day of race)	**8**	Age 55 – under 60 (U60 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 **May 12th 2008** will guarantee participants with a
T-shirt – otherwise t-shirts will be given out on day subject to availability.

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

Entry Fee - €10 / €5 under 23's

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

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Fit 4 Life Women's Mini Marathon Application

Name _____

Address _____

D.O.B. _____   **(please indicate category 1-9)** _____
                                                       (Walker/please tick) _____

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