

my sport

enniscorthy

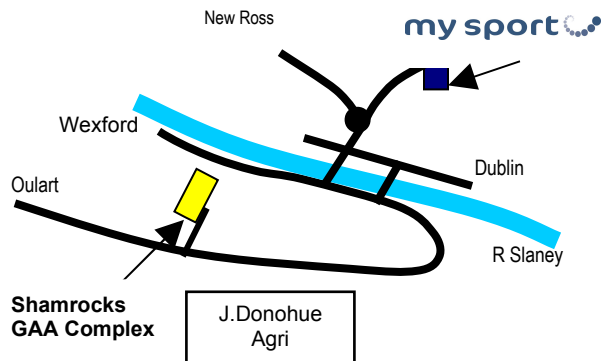
10k

Creane & Creane Ltd
insurance brokers



LOCATION

Shamrocks GAA complex, Clonhaston, Enniscorthy. Parking available at the complex.



DATE

SUNDAY. FEBRUARY 14th 2010

TIME

RACE 2.00pm – WALK 1.30pm

ENTRY

FROM JAN 1ST – 14th FEB

Entry fee is €15

You can enter @ www.runireland.com

On race day entries will be accepted from 11.30am and will be accepted up to 45 minutes before start.

Please enter before race day.

All participants must register.

Make cheques payable to Slaney Olympic AC

AWARDS

Souvenir T Shirts for the first **500** participants to collect their race pack/number.

10k WALK PRIZES

Spot Prizes will be awarded to walkers

10k RACE PRIZES

Mens 1 st / Womens 1 st	€150 each
Mens 2 nd / Womens 2 nd	€100 each
Mens 3 rd / Womens 3 rd	€50 each
Mens 4 th / Womens 4 th	Prize
Mens 5 th / Womens 5 th	Prize
Team 1 st (4/team)	€100/team

Prizes for category winners

Junior	U-19
Mens/Womens	35 - 39
Mens/Womens	40 - 49
Mens/Womens	50 - 59
Mens/Womens	60 - 69
Mens/Womens	70 over

(1 prize per person excluding team prize)

SPECIAL PRIZES

€500 - New Event Record
Record **30'32"**

SPONSORS

my sport

Open Day at My Sport, on Sat 6th Feb 2010. Free Video Gait Analysis, Specials, Registration



Creane & Creane Ltd
insurance brokers

NOMINATED CHARITY



HOSPITALITY

Refreshments will be provided before the prize presentation after the race in St Senans school hall, beside the GAA complex.

OTHER INFORMATION

No bicycles, roller skates, pets on the course. Children must be accompanied.

NO iPods/MP3 players (AAI Rules)

Walkers, please make way for runners.

ENTRY FORM - BLOCK CAPITALS PLEASE

Please ✓ * **COMPLETE ALL FIELDS**

RACE WALK MALE FEMALE

Name _____

Address _____

Telephone _____

Email _____

Club _____ Team _____

T Shirt Size - **S** **M** **L** **XL**

Date of Birth _____

Age on 14/2/2010 _____

Release:

I know that running and walking races are potentially hazardous. I should not enter and run in this race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running/walking including, but not limited to falls, contact with other participants, the effects of the weather, including high temperatures or extreme cold, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Slaney Olympic AC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the race and/or club activities, including loss or damage to personal property, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signed _____ Date _____

Parents/guardians signature if under 18 years _____

Send completed entries to;

**Race Registration, My Sport Enniscorthy 10k,
c/o My Sport, Enniscorthy, Co. Wexford, Ireland.**

Contacts : P. Chris Kennedy	+353 (0)87 6441061
Gretta Tyrrell	+353 (0)87 9407978
John O'Leary	+353 (0)53 9239090
Information	info@mysport.ie

www.mysport.ie