



**Alfie Hales & Adidas
4 Mile Spring Road Race
Sunday 4th April 2010 at 11:00am**

€300 FOR 1st Male & Female

Prizes Men 1st, 2nd, 3rd, 4th, 5th & 1st Junior

1st in Each O40, O45, O50, O55, O60

Prizes Women 1st, 2nd, 3rd, 4th, 5th & 1st Junior

1st in Each O35, O40, O45, O50, O55

1st Male & Female Team

Bonus for course record Men 18:55 (Mark Hanrahan 2009) Women 22:53 (Pauline Curley 2009)

Registration from 9.30 am until 10.30 am sharp
at Waterford Museum of Treasures, The Quay, Waterford.

**Entry Fee: Adults €10 pre entry
(online at <http://www.runireland.com/> or postal)**

€15 on the day

Junior €5 pre entry, €10 on the day

Closing date 29th March 2010

Come and join in the fun!!

All entry details available on www.waterfordac.com

Enquiries to Des Colbert 086 1024841 or des@waterfordac.com

Tom O'Brien 086 3787051 or tom@waterfordac.com

Name _____

Address _____

Phone Number _____

Club _____

Date of Birth _____ Male _____ Female _____

Cost €10 Senior, €5 junior

Postal entries to: D. Chapman, 63. The Croft, Clarinwood, Tramore

Cheques to be made payable to Waterford AC

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