



St Abban's Athletic Club

ANNUAL 7KM ROAD RACE

(Incorporating the final stage of the Fit4Life League 2010)

FRIDAY, 20TH AUGUST 2010 @ 7.30PM

ENTRY ON THE NIGHT 10 EURO

Registration in St Abban's Clubhouse, Monavea, Crettyard, Laois

Hosts of the 2010
**NATIONAL
HALF MARATHON**
on Sun 5th September

CASH PRIZES FOR TOP FINISHERS

PRIZE CATEGORIES

First 5 Senior Men – First 5 Senior Women

Junior Men and Women – 1st and 2nd

Masters Men and Women 1st - O/40, O/45, O/50, O/55, O/60

(Athletes qualify for 1 prize)

- NUMEROUS SPOT PRIZES •
- REFRESHMENTS AFTER RACE •
- KM MARKINGS •

For more information visit:

<http://stabbans.itcarlow.ie>

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(AAI permit approved: 2248)

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