

# ST ABBAN'S AC

in association with  
Laois Sports Partnership

Sunday 26<sup>th</sup> May  
2013 at 1pm

presents

## M3 Monavea women's 8K Mini Marathon

Kindly sponsored  
by Clonmore Meats, Killeshin

Starting and finishing at St Abban's track,  
Monavea, Crettyard, Co Laois  
(7 miles from Carlow and Castlecomer)

**Registration Fee:**  
**€15 per person // €40 for a team of 4**

Form a team with friends and  
predict your time. Prize awarded  
to the team finishing closest to  
their predicted team time

**Cash prizes for the first 10 finishers**  
**Many spot prizes**

Register online at: [www.runireland.com](http://www.runireland.com)

Register on the day in St Abban's AC clubhouse,  
Monavea from 10.30am

Enquiries to: 087 289 0730 or [stabbansac@gmail.com](mailto:stabbansac@gmail.com)

Check out St Abbans AC facebook page

or visit [www.stabbans.itcarlow.ie](http://www.stabbans.itcarlow.ie) for more details

**Souvenir T-shirt to the first 200 registered**  
**Bouncy castle & face painting for the kids on the day**  
**Refreshments will be served after the event**



AAI Permit Granted