

WATERFORD ATHLETIC CLUB

In Conjunction with

Alfie Hale's

INTERSPORT

&



4 MILE ROAD RACE

11am Sunday 29th March, 2009

Lots of Cash Prizes in Lots of Categories.....

1st, 2nd, 3rd, 4th, 5th Male & Female

Men O/40, O/45, O/50, O/55

Women O/35, O/40, O/45, O/50

1st Male & Female Junior

1st Male Team & Womens Team

One prize per person

€300 for 1st Man and Woman home with €200

Cash Bonus for First Person to Break **18.45min** Men & **22min** Women

Registration from **9.30am** at The Granary, The Quay,
Waterford

Results & Refreshments served at The Granary afterwards

Entry Fee for **Adults €10 & Junior €5**

(Pre-registration can be done every Mon leading up to race at RSC 7.30pm)

Open to all athletes

Accurately Measured Course

Come and join in the fun!!