



THE INAUGURAL DONORE HARRIERS 5KM SUMMER ROAD RACE

# DONORE SUMMER 5K PLUS 3K SPRINT CHALLENGE

## SATURDAY 29TH MAY 2010

PHOENIX PARK, DUBLIN. START 11AM SHARP AT FURZE ROAD.

AAI PERMIT

- FAST COURSE • CHIP TIMING • GOODIE BAG TO 1ST 500 ENTRANTS •
- ENTRIES LIMITED TO 1,000 • WALKERS, JOGGERS AND RUNNERS WELCOME •

- **CASH PRIZES** FOR 1ST 5 IN SENIOR MEN & WOMEN •  
1ST & 2ND JUNIOR MEN & WOMEN  
1ST MAN & WOMAN V40 • V45 • V50 • V55 • V60 • V65 • V70

**BONUS CASH PRIZE** OF €100  
FOR 1ST MALE AND 1ST FEMALE TO CROSS THE **3KM** POINT

**ENTRY FEE €15 FOR PRE-ENTRIES**, (excludes online handling fees) **€20 ON THE DAY**

Numbers to be collected at **Donore Harriers** - between 6pm & 8pm  
on Friday 28th May; or between 8am & 10am on Race-day.

On the day entries/registration at **Donore Harriers** from 8am, closes at 10am sharp.

**Donore Harriers Sports Centre** (beside chapelizod gate to phoenix park).

**ON LINE ENTRIES AT [www.donoreharriers.com](http://www.donoreharriers.com)**

**Register on line or by post by May 17th**

Postal entries to Donore Harriers Sports Centre; Chapelizod Road, Chapelizod; Dublin 20.

Make cheques payable to Donore Harriers.

Email enquiries to [info@donoreharriers.com](mailto:info@donoreharriers.com)

For route map and other information see [www.donoreharriers.com](http://www.donoreharriers.com)

### POSTAL ENTRY FORM

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Male:  Female:  Age on day of race: \_\_\_\_\_ Club (if any) \_\_\_\_\_

Junior (U20):  Senior:  Over 40:  Over 45:  Over 50:  Over 55:

Over 60:  Over 65:  Over 70:

Signed \_\_\_\_\_ Dated \_\_\_\_\_