

East Cork AC Present
The 3rd Annual

Lisgoold 5K Road Race

November 13th 2011 @ 11.00am

Prizes:

Top 3 Male

Top 3 Female

1st Male (Junior & Over 40/45/50/55/60)

1st Female (Junior & Over 35/40/45/50/55)

1st Lisgoold GAA Member

1st Wheelchair

Spot Prizes

(Valuable Prizes!)

Fun Runners and Walkers Welcome

Entry Fee €5

Registration at Lisgoold Community Centre from 10.00am
Light refreshments served afterwards in Community Centre

Measured Course

AAI Permit Granted