



33RD *Evening Echo*

WOMEN'S MINI MARATHON

MUNSTER'S PREMIER 4-MILE ROAD RACE

CORK, SUNDAY, SEPTEMBER 28, 2014 AT 1PM

The Athletics Association of Ireland
Cork County Board

THANK YOU FOR ENTERING THIS YEAR'S RACE

Please note the following:

1. Wear your self-adhesive number on your front
2. Race starts on Centre Park Road (dock end, near City Hall) at 1pm sharp
3. Please follow the stewards instructions throughout the race
4. The race will finish in John F. Kennedy Park at the junction of Monahan Road and Blackrock Road
5. Goodie Bag & Medallion will be presented to all registered participants at the finish when running number is handed in.
6. Water available at finish of race.
8. No Roller Blades allowed

Good luck and enjoy your run!

WE REGRET, FOR HEALTH & SAFETY REASONS:

BUGGIES/PRAMS ARE
NOT PERMITTED IN
THE RACE

NO DOGS IN THE RACE
(EXCEPT GUIDE DOGS)

CHILDREN UNDER 8
YEARS OF AGE WILL
NOT BE PERMITTED
TO PARTICIPATE

FOR HEALTH AND
SAFETY REASONS
EARPHONES, IPODS
ETC ARE NOT
RECOMMENDED

Associate Sponsor

KEARYS



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