

BALLINASCAARTHY 10K CHARITY ROAD RACE

FRIDAY 1st JULY 2011 at 8.00pm

**Registration on the night at Community Hall
from 6.30 to 7.30pm**

Entry Fee €10

**Prizes 1st, 2nd, 3rd, Men /Women; 1st over 40, 50, 60
Men's & Women's Team Prizes**

ALL PROCEEDS GO TO COPE FOUNDATION

Athletics Ireland Registered Event



COPE
F o u n d a t i o n

DIRECTIONS TO BALLINASCARTHY

Ballinascarthy is located on the N71 between Bandon and Clonakilty. See attached map for details.

Look out for the Model T !!

FACILITIES & REFRESHMENTS

Physio / Rub Down

Fiona Collins of Bandon Physiotherapy and Sports Injury Clinic (023-8844688), has kindly offered her services and will be available to participants after the race.

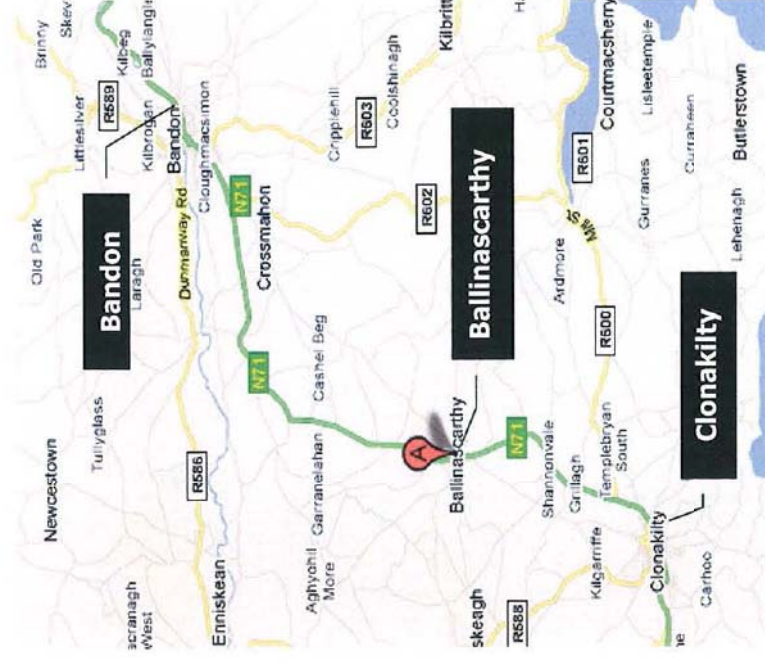
Tea, Coffee, Sandwiches & Refreshments available after the race for all participants.

Shower Facilities will be available at the Local GAA Grounds.

LAST YEAR WINNERS & TIMES

Last years event was well supported by the various athletics clubs and individuals from both city and county.

It was won in style by George Waugh of the Rising Sun AC in a time of 33:45, with Carmel Crowley of Bandon AC taking first in the ladies category in a time of 39:02.



RUN ROUTE

Please refer to attached map.

The race starts at the end of the village and comprises of a full circular 10K loop, finishing again within the village.

Route available on <http://www.mapmyrun.com>

FURTHER INFORMATION

For further information please contact,

E-Mail: ball10krun@gmail.com

visit our [facebook](#) page "[Ballinascarthy 10k 2011](#)"

or advertisement on runireland.com



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Photo at Launch of Ballinascarthy 10KM run in Cope Foundation Clonakilty