



First Evening '4' Mile Fixture of 2015
Thursday 16th April at 8pm - Walkers Start at 6.30pm

Held in association with EAST CORK AC with the kind assistance of
BALLYCOTTON RUNNING PROMOTIONS

Prize for 1st Male & 1st Female
1 Year Leisure Centre Membership at Castlemartyr Resort
Prize for 2nd Male & 2nd Female
Weekend Stay in Trabolgan Holiday Centre (T&Cs Apply)

Individual Prizes for Top 6 Males & Top 6 Females
Prizes in All Categories

Spot Prizes
Galore

Chip Timing at Start & Finish

After Race
Refreshments

Entry Fee €10 for Runners & Walkers
Free Running Buff for all finishers
Sponsored by McCarthy & McGrath

Race HQ – Ballintotis Community Centre just off Main N25
between Midleton and Castlemartyr

See www.ballintotis.com OR CALL 086-8778182

Pre -Entry online at www.ballintotis.com from March 9th to April 13th or
at Race HQ on the evening prior to the Race from 5pm to 7pm and from
1pm on Race Day

All Proceeds go to Ballintotis Community Centre

Main Sponsors



See website for all other Sponsors