

# Kinsale Regatta 5 Mile Road Race

## Friday July 31st @ 7.30 p.m.

**Kinsale Regatta – Designated to the Year of the Youth.**

**SPONSORED BY TOBIN PAVING SERVICES**

Promoted by Belgooly Athletic Club

Entries taken at Kinsale GAA Grounds, Changing Facilities and Showers available at the Grounds

Entry Fee €10.00



### **SUPPORTING STRAIGHT AHEAD**

(Straight Ahead is an Irish medical and charity supported initiative which performs major orthopaedic operations for children on HSE waiting lists and in urgent need of surgery. These children have progressive spinal deformity, neuromuscular conditions or orthopaedic conditions that deteriorate the longer they are forced to wait. The board of the charity give their time and expertise for free.)

Accurate Course, A.A.I. Licence No: 15/458 Granted

Entries taken on the night, Entries close @ 7.15 p.m.

The race will start at the GAA Grounds and finish near the Bank of Ireland

***The race is open to all athletes, Joggers, Fun-Runners & Walkers.***

## *Prizes*

1<sup>st</sup> 6 Men, 1<sup>st</sup> 6 Ladies, 1<sup>st</sup> 3 Men O/40, 1<sup>st</sup> 3 Men O/45, 1<sup>st</sup> 3 Men O/50, 1<sup>st</sup> 3 Men O/55, 1<sup>st</sup> 3 Men O/60, 1<sup>st</sup> 3 Men O/65, 1<sup>st</sup> 3 Juniors, 1<sup>st</sup> 2 Men's Team (3 to score).  
1<sup>st</sup> 2 Ladies O/35, 1<sup>st</sup> 2 Ladies O/40, 1<sup>st</sup> 2 Ladies O/45, 1<sup>st</sup> 2 Ladies O/50, 1<sup>st</sup> 2 Ladies O/55, 1<sup>st</sup> 3 Juniors  
1<sup>st</sup> Ladies Team (3 to score)  
1<sup>st</sup> Wheelchair Athlete.

**One prize per Athlete.**

**For Health and Safety reasons, no dogs or buggies allowed**

### **ENTRY FORM**

Name: \_\_\_\_\_ Club \_\_\_\_\_

**Please tick category:**

**MEN:** Senior  - O/40  - O/45  - O/50  - O/55  - O/60  - O/65  - Junior (19 or under)

**LADIES:** Senior  - O/35 - O/40  - O/45  - O/50  - O/55  - Junior (19 or under)

Details from Rose @ 086-8411193, John @ 086-1713500, Nicola @ 086-8515371 or email  
[rose.walsh@hotmail.com](mailto:rose.walsh@hotmail.com)

**THE CHILDREN'S MEDICAL & RESEARCH FOUNDATION, OUR LADY'S CHILDREN'S HOSPITAL, CRUMLIN.**