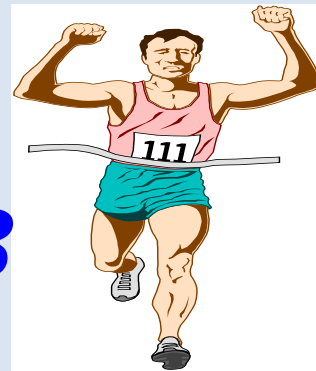




# ***BANDON ATHLETIC CLUB***



## ***5 Mile Road Race and Walk***

***Friday, January 1st 2016***

**FOR THE DONOUGH COUGHLAN MEMORIAL CUP**

***Race Starts 1:00 pm***

**(Entries/Registration taken in GAA Pavilion Bandon)  
(€10 Race Entry Fee)**

Athletics Ireland Permit Granted

**Refreshments available after the race in GAA  
Pavilion**

***€5 entry for Junior's (minimum age 15 to compete)***

***Non-competitive walk starts at 1:00pm. €5 entry with proceeds from  
the walk going to support the Track Development fund.***

All walkers included in draw for spot prizes

More information at [www.bandonac.org](http://www.bandonac.org)

### **Prizes for Men and Women**

**First 6 individuals**

**First 3 in Over 40's**

**First 3 in Over 45's**

**First 3 in Over 50's**

**First in Over 55's**

**First Wheelchair Athlete**

**1st men's Team (4 to score)**

**€150 for a new women's course record – current record is set at 27.07**

**€150 for a new men's course record – current record is set at 23.41**

**First in Over 60's**

**First in Over 65's**

**First in Over 70's**

**First 3 Juniors (U20)**

**1st ladies Team (3 to score)**

**Individual category prizes for those finishing outside top 3 places.**