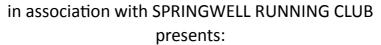
Coleraine Leisure Centre







Wednesday 10th August 2016 at 7.30pm



Starts @ Coleraine Leisure Centre

Online entries at www.athleticsni.org Technical T-Shirt for first 300 runners Entry Fee £10 affiliated, £12 unaffiliated

Entry Fee £10 affiliated, £12 unaffiliated (Refreshments included) Late entry and on the day entry £12 affiliated/£14 unaffiliated Closing date for pre entries Monday 8th August 2016 Prizes for 1st/2nd/3rd male & female and 1st in age category (note only 1 prize applies)

Chip timing

For further details contact: shirley.jackson@causewaycoastandglens.gov.uk

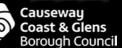


Coleraine Leisure Centre, Railway Road, Coleraine, Co. Londonderry

Tel: 0287034 7202

Race route and more information is available on www.causewaycoastandglens.gov.uk www.facebook.com/coleraineleisurecentre





	E۱	NTRY	FORM		
Name					
Address					
Postcode			Email		
DOB			Age on day		
Club			Tel (Mobile): _		
	ROAD	RACE	CATEGO	RIES	
PLEASE TICK	Male	Female		Male	Female
Junior (15+)			O50		
Open			O55		
O35			O60		
O40			O65		
O45			Wheelchair		
T-Shirt Size Sm	all Med	Large	X-Large]	
** Entrants must k Please return comp Road, Coleraine, B Cheques made pay Registration opens	oleted entry for T52 1PE. Tel: rable to <i>'Causew</i>	m to: Shirley 0287034 720 vay Coast & 0	, Jackson, Colerain D2 Glens Borough Cou	ıncil'	
Disclaimer:	entering the event	t of my own ch	oosing and no liabili	ty will be plac	ced on the ent. I confirm tha

Having trained and taken part in this years "CLC Nissan 5 mile Classic" you may wish to join a club in order to further your running interests. The local club is Springwell Running Club, co-organisers of this year's event. The club caters for runners of all abilities and is always on the lookout for new members. They have training groups in Coleraine, Ballymoney and Limavady. If you would like further information about them please contact the Coleraine Club Rep Andy Dowey (a.dowey@sky.com 07979977784) or visit the website: www.springwellrunners.com