

Sponsored by **Muff Festival**

Muff 5K

Saturday 2nd August 2008 at 2.00pm

Race 7 of the Furey Insurances 5K Series 2008

Registration from 12.30 at Muff Hall

Prizes

1,2,3 male/female (£30,20,15)

Also 1st male/female in U20, V35,V40,V45,V50,V55,V60(£10 each)

Mystery Prize Draw

Entry fee is £5 stg/€7 per race.

www.mufffestival.com

Furey Insurances 5K series 2008

Wed 16th April - *Bay Road 5K* - University of Ulster Magee

Wed 14th May - *Lisnagelvin 5K* - WB Thompson and Co.

Wed 28th May - *Buncrana 5K* - Furey Insurances

Wed 11 June - *Balliniska 5K* - Atlanfish

Sat 28th June - *Culmore Festival 5K*

Wed 23rd July - *Jog in the Bog 5K*

Sat 2nd Aug - **Muff Festival 5K**

All races 7.30 start except Culmore and Muff Festivals – Provisionally 2pm start.

For those who complete 5 out of 7 races a high quality Series t-shirt.

Entry fee is £5 stg/€7 per race.

Upcoming Races

Tue Aug 12th Creggan 3k

Tue 19th Buncrana Mile - 7.30 - Buncrana Leisure Centre

Tue 26th Aug – Dessie's Run 5 mile 7.30 Gransha

Sat 13th Sept - Waterside Half Marathon - Gransha – Derry City Council

For further details ring 0044 77 36213153 or email: eoghanfurey@gmail.com

www.sparta-athletics.co.uk

Organised by City of Derry Spartans A.C

