

TÍR CHONAILL ATHLETIC CLUB

www.tirchonailac.com

Donegal Town 5k

‘Inviting, fit4life, walkers, joggers, and runners’

The Donegal Town 5k will be held on Friday evening 4th June – at 7.30pm. Traditionally this event, part of the Donegal Co Board, Asaics/Brian McCormick sponsored, Grand Prix attracts a large field from all over the North West and beyond –last year over 100 finishers

Details

- **Fast ,flat, accurately marked course – race starts at Super Valu and proceeds through the town onto the Mountcharles Road to the first roundabout, onto Ballydevitt and Drimark and back onto the Killybegs/Donegal Rd. to finish opposite Tir Conaill Park**
- **Registration – Abbey Voc Gymnasium from 6.30pm**
- **Entry fee –8 euro 8stg**
- **Warm and Cool down area – grounds of the Abbey Voc School - 400metres from the start**
- **Prizes –First three, Male and Female, in all categories plus numerous spot prizes**
- **Presentations – Abbey Voc Gymnasium at 8.30pm plus refreshments for all competitors**
- **Results will be posted immediately on the Tir Conaill athletics club site www.tirchonailac.com**
- **Enquiries to Eamon Harvey harveyeamon@hotmail.com or phone 087 2797548 / 0749721578**