

Furey Insurances 5K Series 2010

Wed 21st April - *Bay Road* - University of Ulster Magee – Athletics NI 5k Championships



Wed 12th May - *Lisnagelvin* – Robert Bigger of WB Thompson and Co



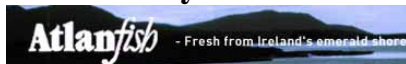
Wed 26th May – *Buncrana* – Sean Furey Insurances



Wed 9th June - *Culmore* – Joe Jackson Milk Shake Bar and Shawn Barron-Remedial and Sports Massage Therapist



Wed 30th June – *Carndonagh* – in conjunction with Inishowen AC -Declan McCarthy - Atlanfish



Wed 21st July – *Balliniska/Branch Road* - Donnelly and Taggart Motors,



All races 7.30 start

Prizes for each race

1,2,3 male/female (£40,30,20)

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

For those who complete 4 out of 6 races a high quality Series t-shirt.

Entry fee is £7 stg/euro(except race 1, 3 & 4 -£8 due to Championship electronic Timing)

Overall Series cash prize(Best 4 performances count)

1st, 2nd Senior; 1st/2nd Vets (Age Graded); 1st/2nd Junior U20 Men/Women



Other Club Summer Road Fixtures

Tue 19th Aug - Buncrana Mile – Sean Furey Insurances

Sun 29th Aug – Spar Dessie's Run 10K

Also Sun 12th Sept - Waterside Half Marathon – Derry City Council



For further Series information contact

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