

Sponsored by **SEANFUREY** Insurances Ltd

# BUNCRANA 5Km Road Race & Fun-Run!

Race 3 of Furey Insurances 5k Series 2010  
and  
Race 5 of Donegal Grand Prix Road Race Series 2010

*Wednesday 26<sup>th</sup> May 2010*  
*At 7.30pm*

Registration from 6.00pm at Buncrana Leisure Centre  
Entry €8/£8stg



**All levels of runners and  
joggers welcome!**



Finishers: 124 - 2004, 125 - 2005, 146 - 2006, 155 - 2007  
180 - 2008, 172 - 2009

Fast, Accurately Measured Course with Championship Timing **NEW**

Refreshments provided after in Leisure Centre.

€100 for new men's course record and/or first woman to break 17 mins.

Course Records: Mens 14.44 Kevin Seaward - St Malachy's AC 2007

Womens 17.13 Theresa McGloin - Finn Valley 2009

### Other Buncrana Events

Buncrana 10K - Sat 12<sup>th</sup> June at 6.30 Phone E.McLaughlin 0749362320

and

The Buncrana Mile - Tue 19<sup>th</sup> Aug at 7.30 - Contact details below.

**SEAN FUREY**  
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[www.sparta-athletics.co.uk](http://www.sparta-athletics.co.uk)

Organised by City of Derry Spartans A.C.

**Anybody can be a runner! What are you waiting for?**

