

PARNELL 5K Sunday August 1 2010,10.30AM

Start Time: 10.30AM
Walkers and Fun Runners - 10.15AM

Register: www.parnellac.com

Course: A challenging 5K road race starting at the Memorial Park Cross Roads (Avon Motors). The course is over the same course as last year's 10K (with a different starting point). From the start it follows the 752 (going toward Avoca/Arklow) for approximately 2K. It then turns left going toward Avondale House. It passes by the front gates of the house before proceeding uphill (4K) before finishing at the entrance of Memorial Park. The course is measured by Jones Counter and will be marked in kilometres. An AAI Race Permit has been granted for this event.

Location: Race Numbers can be collected at RDA Hall, Fairgreen from 8AM. Entries will be accepted on the day. Race numbers can be collected at RDA Hall, Fairgreen. The entry fee is €15. Visit www.parnellac.com to register.

Prizes: Senior Men & Women:

1st €200
2nd €100
3rd €70
4th €50
5th €30
6th €20

Masters Men & Women 1st, 2nd, 3rd in all categories

Junior Men & Women 1st and 2nd

All entrants will receive a souvenir t-shirt

Prizegiving & Reception: The Corner House, Main St