



# U.C. C. Staff Athletic Club



UNIVERSITY COLLEGE  
Cork

## 27<sup>th</sup> Annual Road Race 10 Km (Carmel Lynch Memorial)

{Under BHAA rules}

On Sunday, 11th April 2010 at 11.00 a.m.  
Lee Road / Straight Road Circuit (Anglers)

LAPTOP  
sponsored by  
**DELL**  
FOR 1<sup>ST</sup> MALE  
&  
1<sup>ST</sup> FEMALE

### PRIZES

- 1<sup>st</sup> 5 Individual Men
- 1<sup>st</sup> 3 Individual Ladies
- 1<sup>st</sup> 3 Men's Teams (A + B + C)
- 1<sup>st</sup> 2 Ladies Teams (A + B)
- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> o/40 Men
- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> o/45 Men
- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> o/50 Men
- 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> o/55 Men
- 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> o/60 Men
- 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> o/65 Men
- 1<sup>st</sup> o/70 Man
- 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> o/35 Lady
- 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> o/40 Lady
- 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> o/45 Lady
- 1<sup>st</sup> & 2<sup>nd</sup> o/50 Lady
- 1<sup>st</sup> o/55 Lady
- 1<sup>st</sup> Wheelchair Athlete

### SPOT PRIZES

### Entry Fee:

€5 reg. Runners

€8 non-reg.

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Last Entries: 10.40 a.m.

*Please note changing facilities/showers/registration  
in Hockey/Rugby Pavilion, Mardyke Grounds*

(NOTE: PARKING NOT AVAILABLE INSIDE GROUNDS)

Start on Shaky Bridge on Sunday's Well

**Refreshments & Prize-Giving in the Lee Maltings Restaurant**

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