



PORTLAW IRISH RED CROSS



TOM JORDAN MEMORIAL 5 MILE ROAD RACE

Saturday 22nd May 2010 @ 7.30pm

Joggers/Walkers @ 6.45pm

Registration from 6.15pm in the Forge Inn (Portlaw)

Entry Fee: Adults €10, Junior €5, Families €20

€1,500 Prize Fund

Lots of prizes in lots of categories

1st, 2nd, 3rd, 4th, 5th Male & Female

Men 0/40, 0/45, 0/50, 0/55

Women 0/35, 0/40, 0/45, 0/50

1st Male & Female Junior

First Family

1st Portlaw hurler, soccer and footballer

One prize per person

Spot Prizes

Cash Bonus for First Person to Break 25.30min Men & 30.00 min Women

Showers and changing facilities provided

Results & Refreshments served afterwards in the Forge Inn

Accurately Measured Flat Course. (A.I.L. Approved)

The race is suitable for all levels whether you are looking for a personal best, preparing for the mini marathon, looking to complete your first 5 mile race or just having an enjoyable walk!

Enquiries: Brian Nugent 087-6128451

MAIN SPONSOR:

**DERMOT O'NEILL
PHARMACY PORTLAW**

