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St. Senan's Athletic Club



**Kilmacow
Co. Kilkenny**

Annual Open Cross Country

Sunday 26th September 2010

at 1.00 pm in Sports Complex, Kilmacow.

EVENTS

Girls and Boys Under 8 300 mtrs Prizes for First 10
Girls and Boys Under 9 500 mtrs Prizes for First 10
Girls and Boys Under 10 600 mtrs Prizes for First 10

Girls Under 12	1000 mtrs	Boys Under 12	1000 mtrs
Girls Under 14	1200 mtrs	Boys Under 14	1500 mtrs
Girls Under 16	2000 mtrs	Boys Under 16	3000 mtrs
Girls Under 18	3000 mtrs	Boys Under 18	4000 mtrs
Junior Ladies	3000 mtrs	Junior Men	8000 mtrs

First 3 Ind - First 3 Teams (4 to Score)

Fintan O'Sullivan Memorial Cup For Best Overall Juvenile Club

Senior Men 8000m - Senior Ladies 3000m

Top Prizes in All Categories

1st 3 Senior Men & Women (Cash Prizes)

1st 3 Vets (Men), 1st O/35 Woman

1st 3 Juniors

Team Prizes Men & Women (4 to score)

Entry Fee : €5.00

ENQUIRIES

Bill Lacey

Phone: 086 8100299



ADMISSION: Adults €3.00 - Children €2.00

Sponsors: Caulfields Supervalu, Hypercentre, Waterford