Adamstown A.C.

6th Annual Open Cross Country »»»»»»»»»

Sunday, Sept 16th 2012

First Race: 12 noon

Athletes to Register by 11.30am sharp

U 9,10, 11, 12, 13, 15, 17, Junior, Senior

U9 (500m), U10 (1000m) U11 (1000m), U12 (1500m)
U13 (2000m) & U15 (Girls 2500m, Boys 3000m)
First 10 individuals

U17 (Girls 3000m, Boys 5000m)
First 6 individuals

Junior (Ladies 3000m, Men 5000m)
& Senior (Ladies 3000m, Men 5000m)
First 6 individuals

Adamstown
Co. Wexford

Contact: Marie Louise
086 832 7374

Adamstown Athletic Club: Open Cross Country Race Meeting
Sunday, 16th September 2012 on lands kindly given by Stuart & Gavin Rothwell
Leinster XC 2009, 2010, 2011 Championship Track
Races starting at 12 noon; Registration by 11:30am. No Bare Feet
Warm welcome for every club
For more Info see www.facebook.com/AdamstownAC or www.adamstownathletics.freeiz.com