

4th BLACKWATER

Measured Course Chip Timing

**FUN DAY FOR
ALL THE FAMILY**
MEDAL FOR ALL COMPETITORS



run & walk Monaghan
SUNDAY
15 MAY 11

All proceeds in aid of:
Monaghan Hospice Homecare
Marie Curie Cancer Care

Fancy Dress Welcome

Changing Facilities Available
Refreshments served afterwards

Registration: 9.30am Entries Taken on The Day

Start Time: 12.00noon

Start/Finish: Monaghan United FC
Cortakeegan
Monaghan Town

PRIZES PRICE

€18 Runners €9 Walkers €5 3k Fun Run

1st, 2nd & 3rd prizes Men & Women

1st, 2nd & 3rd prizes M/F Junior

Veteran men 40-45-50-55-60

Veteran women 35-40-45-50-55



**Monaghan
Phoenix A.C.**
(UNDER AAI RULES)

**GLASLOUGH
HARRIERS**



European Union
European Regional
Development Fund
Investing in your future



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