CARNEY LISSADELL 10k

MONDAY APRIL 21ST 2014

10k Run | 10k Walk | Kids Races | AAI Licence | Chip Timing | Scenic Route | Post-Race Refreshments

- Entry €12 online or €15 on the day
- Registration at Oxfield Centre
- Accurately measured 10k course
- Chip Timing by Precision
- AAI registered event
- Fast course, also suits beginners
- Ideal for working off Easter Eggs!
- Walkers very welcome
- Free kids races beforehand (@11am)
- Water stations
- Refreshment afterwards

For Online Entries:

- www.oxfield.ie or www.runireland.com

To Register In Person:

- The day before - Oxfield 7pm to 9pm
- On the morning - Oxfield from 9:30am

Race Times:

- Kids Fun Races @ 11am (Oxfield)
- 10k Walk @ 11:30am
- 10k Run @ 12 noon

Proceeds to the Acquired Brain Injury Unit, Sligo Regional Hospital & the Oxfield Community Centre

*A **big thank you** to our event sponsors, our voluntary organising committee and race Marshalls for their generosity, time and hard work. Thanks also to the owners of the Lissadell Estate for facilitating this year's route*

(Intending participants please note: the section of the route through private property at Lissadell Estate will only be open on race day, and will not be accessible in advance for any reason)