



Ballymore Cobh AC presents

THE Great Island

10 Mile Road Race & 4 Mile Road Race

(Achieve your PB in our fast flat 4 mile course)



Great Course, Great Challenge, Great Cause

Cancer is a word so powerful that it forces you to focus, to prioritize and to learn fast what's important in life. So come on people, please get involved. Come out and run/walk on **April 9th 2017**. Help us make a difference in the fight against Cancer.

All proceeds go to the Irish Cancer Society and Ballymore & Cobh AC on a 75%/25% Split. 100% of all the proceeds from the sponsorship and inter pub will go to the Irish Cancer Society

**CHIP
TIMING**

April 9th 2016



This year in Ireland alone, every 15 minutes someone will hear the words "You have Cancer"

Register online or download an entry form from www.greatisland10.com

ENTRY FORM

 Catch us on our Facebook Fan Page "The Great Island 10 Mile Road Race"

Coral Leisure Centre Cobh, have kindly offered the use of their facilities for a special price of €2 for all competitors.

Enjoy a Swim/Sauna/Steam or Shower after the race.

 @greatislandrace



THE Great Island

10 Mile Road Race & 4 Mile Road Race

For Official Use

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Race Number

COBH

Email: greatislandroadrace@gmail.com Web: www.greatisland10.com

Headquarters: The Great Island Community Centre

April 9th 2017

Prizes for 1st 4 men & women in the 10 mile race and the 4 mile race,
also prizes in Master categories.

10 Mile Fee: POSTAL/ONLINE - €20 REGISTER ON THE DAY - €25

4 Mile Fee: POSTAL/ONLINE - €10 REGISTER ON THE DAY - €15

Online entries close on Tuesday 4th April 2017.

Entries taken on the day from 8.30 a.m. @ H.Q.

Surname: _____ Address: _____

First Name: _____

Age on Date of Race: _____

Date of Birth: _____

Day _____ Month _____ Year _____ Email: _____

Male Female Home Tel.: _____

AAI Club: _____ Mobile: _____

10 Mile Run (10.30am) 4 Mile Run (10.45am)

POSTAL ENTRIES TO THE FOLLOWING ADDRESS:
Eamonn Crotty, Hilltop Park, Cobh, Co. Cork.

Cheques and Bank Drafts
must be made payable to The Great Island 10

Signed: _____ Date: _____