



LIFFORD ATHLETIC CLUB

LIFFORD ATHLETIC CLUB

EST. 1968

Lifford Athletic Club, The Roughan, Lifford, Co. Donegal
Tel: 074-9142927; Mob: 086-6007847; E-Mail: liffordac@eircom.net; www.liffordac.com



LIFFORD ATHLETIC CLUB

LIFFORD 5K ROAD RACE

Friday, 18TH JUNE 2010
7.15PM

RACE 10 – DONEGAL GRAND PRIX



On Line Registration www.liffordac.com

Speed up Registration on Race Night - Register your interest in the race and we will pre-allocate a separate race number – Simply pay and collect pre-allocated number at a separate Registration Desk on the night.

CATEGORIES

Men	Women
Senior Men	Senior Women
35+	35+
40+	40+
50+	45+
Junior Men	Junior Women

- Entry - €8 or stg£8
- Registration in Lifford AC Clubhouse from 6.00pm
- Printed/On Line Results available after the race
- Refreshments provided after race.
- AAI Permit Granted