

MILE DASH CHALLENGE

Tuesday 6th May, 2014 @ 6:30pm



4PARK BUSINESS CENTRE
Farranfore Village, Kerry

RUN ONE MILE AS FAST AS YOU CAN!!

To mark the **60th Anniversary** of Roger Bannister breaking the 4:00 barrier in the mile, Farranfore Maine Valley AC are staging a series of mile races for all ability levels and age groups. The perfect test for your running ability is not a marathon or a 5K – it's a simple mile, at your best speed. Challenge yourself, and compete against other runners, by taking part in the Farranfore Maine Valley AC Mile Dash Challenge.

Accurately Measured, straight course one way only; AAI Permit, ample parking

The start line is 1mile from Registration, so allow enough time to get there. Road will be closed to runners from 18:20

Entry Fee:

Single €5, Family €15 (2 adult & 2 Juv.)

Prizes: First 3 finishers in each category race and a specially designed certificate for all participants.

Registration from 5:30pm at 4Park Business Centre in Farranfore (next to railway station)

Race Timetable:

CATEGORY	START TIME
JUVENILE Boys & Girls U14	18:30
JUVENILE Boys & Girls U18	18:50
MASTER WOMEN 40+	19:10
MASTER MEN 40+	19:25
SENIOR WOMEN 18+	19:40
SENIOR MEN 18+	19:55