



**SuperValu**  
Real Food, Real People

**2017**

# TEAM WINTER LEAGUE

~NEW FORMAT~

~IDEAL FOR BEGINEERS AND EXPERIENCED RUNNERS~

## LEAGUE IN 2 BLOCKS

3KM AT LOWER BALLYLYNCH

FOLLOWED BY 5 KM RUN AT KILDALTON COLLEGE

## STARTS

**TUESDAY 3<sup>rd</sup> JANUARY 2017**

@ LOWER BALLYLYNCH (BESIDE ST BRIGIDS HOSPITAL)

AT 7:00 P.M. SHARP

FOR A 3KM RUN FOR 3 WEEKS

**TUESDAY 24<sup>TH</sup> JANUARY 2017**

@ KILDALTON COLLEGE PILTOWN

AT 7 P.M. SHARP

FOR A 5 KM RUN FOR 3 WEEKS

## FORMAT

- TEAMS OF 3 WILL "PREDICT THEIR TIME" BEST 2 PREDICTIONS WILL COUNT.
- MASS START EVERY WEEK (NO WAITING AROUND).
- IF YOU DONT HAVE A TEAM NO PROBLEM- COME ALONG ON THE FIRST NIGHT AND YOU WILL BE PUT ON A TEAM.

## COST €10 FOR THE 6 WEEK LEAGUE

LOADS OF PRIZES AND GIVEAWAYS ON THE LAST NIGHT!

**HI-VIZ VEST ESSENTIAL \*NO BIB- NO RUN**

AAI PERMITTED EVENT . OVER 18 ONLY



[www.carrickroadrunners.ie](http://www.carrickroadrunners.ie)