

Entry form

Pre-registered numbers can be collected up to 7.45pm.
Late entries will be accepted up to 7pm. All at Crozier Hall.

Tick one box on reverse to indicate category entered.

name _____

address _____

postcode _____

telephone number _____

e-mail _____

date of birth _____

club _____

Send this entry form in an envelope along with the entry fee to:

Armagh Athletic Club
Brian Vallely
14 Victoria Street
Armagh
BT61 9DT



Supported by

Armagh City & District Council and PUMA



20th ARMAGH INTERNATIONAL ROAD RACE

25th February 2010
The Mall - Armagh

Promoted by the Armagh Athletic Club



Promoted by Armagh Athletic Club under Athletics NI rules

Programme

6.30pm-9.30pm

START	RACE	DISTANCE	BORN	START AREA
6.30pm	1. Boys	400m	2002 or since	jail end of Mall / finish
6.35pm	2. Girls	400m	2002 or since	jail end of Mall / finish
6.40pm	3. Special Schools	400m	all ages	jail end of Mall / finish
6.45pm	4. Boys	1400m	00/01	jail end of Mall + 1 lap
6.55pm	5. Girls	1400m	00/01	jail end of Mall + 1 lap
7.10pm	6. Boys	1400m	98/99	jail end of Mall + 1 lap
7.20pm	7. Girls	1400m	98/99	jail end of Mall + 1 lap
7.35pm	8. Boys	2400m	96/97	jail end of Mall + 2 laps
7.50pm	9. Girls	2400m	96/97	jail end of Mall + 2 laps
8.05pm	10. Senior women	3000m	91 or before in categories	College Street + 2 laps
	All veteran women		92/93	
	Junior 'A' women		94/95	
8.20pm	11. Confined men	5000m	Confined to runners who have recorded 17mins or under	Russel Street + 4 laps
8.45pm	12. Open men	3000m	91 or before in categories	College Street + 2 laps
	All veteran men		92/93	
	Junior 'A' men		94/95	
	Junior 'B' men		94/95	

Prizes

Individual prizes

Race 10

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
£150	£100	£75	£60	£50	£40	£30	£25	£25	£20

Veteran women all categories

First three sportswear vouchers or goods

Junior 'A' & 'B' women

First three sportswear vouchers or goods

Category prizes to be awarded to unplaced runners only.

Race 11

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
£150	£100	£75	£60	£50	£40	£30	£25	£25	£20

Race 12

First six sportswear vouchers or goods

Veteran men all categories

First three sportswear vouchers or goods

Junior 'A' & 'B' men

First three sportswear vouchers or goods

Category prizes to be awarded to unplaced runners only.

Juvenile races

Prizes for first 10 in each category

The juvenile prizes will be presented after each race. The Inter-School Awards will be presented in early March at a special ceremony in St Patrick's Triam (exact date will be notified to the schools.) This competition will be judged on points awarded to runners finishing in the top 50 placings.

All other awards will be presented in the Crozier Hall at approximately 10pm.

Team competitions

Team competitions will take place for the following categories only:

International teams men	5k	3 teams of 3 to score
Confined club teams for men	5k	3 teams of 4 to score
Open club teams for men	3k	3 teams of 3 to score
Junior 'B' men	3k	2 teams of 3 to score
International teams women	3k	3 teams of 3 to score
Club teams for women	3k	3 teams of 3 to score
Junior 'B' women	3k	2 teams of 3 to score
Junior 'A' women	3k	2 teams of 3 to score

Rules

Veterans age qualification is based on the age on the day of the race; e.g., a person born 25th February 1970 qualifies for V40 or born 25th February 1960 qualifies for V50 etc.

The closing date for pre-paid numbers to be posted out or hand delivered is **Thursday February 11th 2010**

Entries can be either phoned in, faxed or e-mailed to arrive no later than **Monday February 22nd** for collection on the night. (Telephone to either 02837527178 or 02837511248, Fax to 02837511248. E-mails can be sent to johnbvalley@gmail.com).

LATE ENTRIES FOR SENIORS, JUNIORS AND VETERANS WILL BE ACCEPTED FROM TUESDAY FEBRUARY 23RD UNTIL 7PM ON THURSDAY 25TH WITH PAYMENT OF THE LATE ENTRY FEE.

JUVENILE ENTRIES WILL NOT BE ACCEPTED ON THE NIGHT UNDER ANY CIRCUMSTANCES.

Numbers may not be substituted - a new number must be got in case of substitution and the original number handed in. **Runners wearing another runner's number will be disqualified.** Numbers must be worn on front of vest.

No warm-up permitted on course from 6.30pm onwards, use floodlit road inside the Mall wall only.

NB This year the collection of pre-registered numbers and late entries will be at the Crozier Hall where after the race refreshments will be provided. Team and category prizes will also be presented at the Crozier Hall from approximately 9.30pm onwards.

Please tick one box to indicate category entered.

Race 10: 3000m for women

category	entry fee	late entry
senior women	£10	£15
born 92/93	£5	£10
born 94/95	£3	£6
FV 35	£10	£15
FV 40	£10	£15
FV 45	£10	£15
FV 50	£10	£15
FV 55	£10	£15

Race 11: confined 5000m for men

category	entry fee	late entry
senior men	£10	£15

Race 12: 3000m for men

category	entry fee	late entry
senior men	£10	£15
born 92/93	£5	£10
born 94/95	£3	£6
MV 40	£10	£15
MV 45	£10	£15
MV 50	£10	£15
MV 55	£10	£15
MV 60	£10	£15

Juvenile races

race	born	boy	girl	entry fee
8 & 9	96/97	<input type="checkbox"/>	<input type="checkbox"/>	£1
6 & 7	98/99	<input type="checkbox"/>	<input type="checkbox"/>	£1
4 & 5	00/01	<input type="checkbox"/>	<input type="checkbox"/>	£1
1 & 2	2002 or since	<input type="checkbox"/>	<input type="checkbox"/>	£1

no late entry accepted

Special schools race

race	male	female	entry fee
3	<input type="checkbox"/>	<input type="checkbox"/>	Free