



EAST CORK ATHLETICS DIVISION
eastcorkathleticsdivision.com

Senior Men & Women 5000m Championship

MTU Grounds - Wednesday, 13th July 2022 8 PM Hosted by Carraig na Bhfear AC

Race One- Athletes with a predicted time of under 19 minutes. Start 8.10 pm sharp

Race Two- Athletes with a predicted time of over 19 minutes. Start 8.30 pm sharp

Medals for first 3 Men and Women based on fastest times over the two races.

Pre entry from Club Competition Secretaries to gerfoley5@gmail.com by Monday, 11th July 10 pm. When entering please include name of athlete, athlete's club and choice of races (one or two).

Races confined to AAI registered athletes with clubs affiliated to the East Cork Athletics Division.

Entry Fee €5.00 payable on night at check-in. Check-in outside entrance gate alongside track storage hut at 200m start, from 7 pm.

Strictly no admission to the track before 8 pm, athletes in race one should warm up outside and be ready to enter the track at 8 pm.
