



**EAST CORK ATHLETICS DIVISION**  
eastcorkathleticsdivision.com

**Senior Men & Women 5000m Championship**

**Mardyke - Sunday, 23rd July 2023 at 11am**

Depending on numbers we may run more than 1 race

**Medals:**

First 3 Men and Women (based on fastest times if more than 1 race)

First 3 Mixed Teams (Two Men and Two Women, based on combined times and based on fastest times if more than 1 race)

Individual medal winners will be included for team prizes

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

Entry Fee €5.00 payable on morning at check-in. Check-in from 10 am.

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