

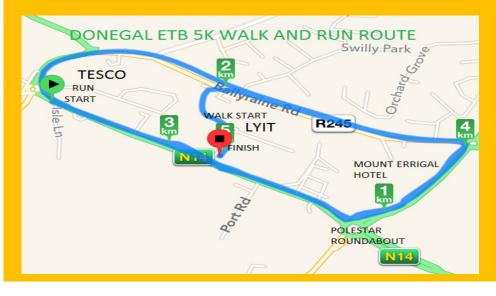
## Wednesday 23<sup>rd</sup> October Donegal ETB 5k

Walkers start at 7:15pm from LYIT Runners start at 7:30pm from Jones Oil

Route: One and a half laps around LYIT/Ballyraine

To pre register email: donegaletb5k@donegaletb.ie

Entry Fee €7 Limited number of T-shirts available, enter early!





Bord Oideachais agus Oiliúna Dhún na nGall Donegal Education and Training Board

5k Fun Walk/Run

Enter as part of a Team or as an individual

**AAI License approved** 

Pre register: donegaletb5k@donegaletb.ie register on the evening at 6:30pm in An Dánlann, LYIT

> <u>Categories</u> Junior Men 16-18 Junior Women 16 -18 Senior Men 18 – 40 Senior Women 18 – 40 Masters Men Over 40 Masters women Over 40 Walkers

Team Categories TEAMS OF 3 ETB Members Junior Men 16-18 Junior Women 16-18 Senior Men 18+ Senior Women 18+

There is also a team category for non-ETB runners