



Woodie's DIY Road Relay Championships of Ireland

11th April 2010
Starting at 2 p.m.
Raheny, Dublin



Check in: GAA Club, Raheny Village (1 hour prior to event)

Please Tick category

(1 Lap = 1 mile approx.)

- Senior Men 2 laps x 1 lap x 3 laps x 2 laps
- Senior Women 1 lap x 2 laps x 1 lap
- Master Women W 35+ 1 lap x 2 laps x 1 lap
- Master Women W 50 + 1 lap x 2 laps x 1 lap
- Master Men M 35 + 1 lap x 2 laps x 1 lap
- Master Men M 50 + 1 lap x 2 laps x 1 lap

Club : _____ Colours: _____

Closing Date for Entries: Friday 2nd April 2010

2009 AAI Reg. No.	Full Name (Please Print)	D.O.B	Office Ref.

- Entry Fee: € 25.00 per team Senior Women, Master Women and Master Men
- Entry Fee: € 35.00 per Senior Men's team (Cheques/Postal Order)

- * Athletes must be registered with AAI for 2010 season.
- * All competitors must wear club colours.
- * Championships medals will only be awarded to registered athletes.
- * A male athlete becomes a master on his 35th Birthday.
- * A female athlete becomes a master on her 35th Birthday.

I certify that those named above are properly registered and eligible to represent this club.

SIGNED: _____ Sec/Chairman Contact details: _____

Return to: Competitions, 19 Northwood Court, Northwood Business Campus, Dublin 9

Doping is cheating AAI is committed to Drugs Free Sport