



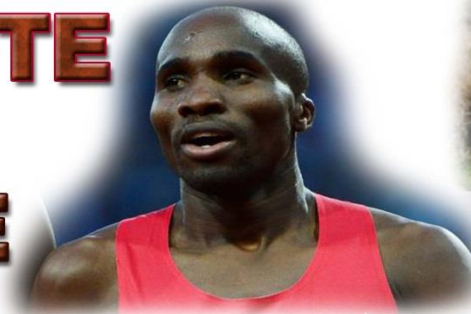
TRAVERS



ROBINSON

WORLDS TOP MILERS

BALLYMOTE SUB 4 MINUTE MILE



KIPLAGAT



SANCHEZ

SAT SEPT 20th
Events start @ 3pm

CORRAN A.C. BALLYMOTE

OPEN 5K @ 5pm

**Children's
Athletics Events**

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Order of Events

Kids Registration 2.30p.m – Loftus Hall

Boys Mile Run 3.00p.m – Children of all ages

Girls Mile Run 4.00p.m – Children of all ages

5km Registration open from 2.30p.m – 4.30p.m Loftus Hall

5KM Run Starts @ 5PM

Sligo v Galway 6 X 100 Mixed Relay 5.45p.m

Sub 4 Minute Mile – 6.00p.m

Refreshments for 5km runners post events in Loftus Hall

Race Walking Workshop with 50KM World Champion Rob Heffernan 3.30PM