

RACE SPONSOR



5K RUN
SUNDAY
18TH JULY
3PM

PART OF THE
WATERFORD
CASTLE
OPEN DAY 1-5pm
KIDS ENTERTAINMENT
MUSIC BBQ & MORE

WATERFORD CASTLE
The Island Haven
www.waterfordcastle.com

ENTRY FORM

Race entry €20 - includes DRI-FIT T-shirt & BBQ & goody bag
Bring completed form with payment to: Ardkeen Quality Food Store, Dunmore Rd. Waterford
Limited entry on the day

NAME

MALE/FEMALE

Email

D.O.B

WATERFORD CASTLE
The Island Haven
www.waterfordcastle.com

1ST PRIZE
MALE & FEMALE:
Overnight Stay
Plus Dinner For 2
At Waterford Castle

• Race Entry Limited to 300
• Accurately measured course
• Race Entrants must be 12 years
or over
• A donation from The Island Run
will be made to the WRH
Paediatric Ward
Full details at www.balance.ie