



35th Annual 5k/10K Virtual Road Run

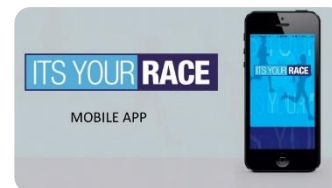
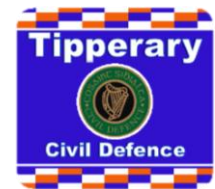
Run, Jog or Walk one or both of the distances between
Wednesday 17th June and Wednesday 1st July

Numerous spot prizes

All monies raised (after costs) will be donated to the Tipperary Civil Defence Clonmel. This year we are giving people the option of competing in the 5k or 10k for a donation of 10 Euros. We are also giving each participant the option of competing in both the 5k and the 10K for a donation of 15 Euros. You have to register online for these events and the link is below (or on the ITSYOURRACE APP available on both Apple or Android App stores)

<https://coiltevirtualroadraces.itsyourrace.com//register>

We would encourage participants to register as early as possible and then do the event in their own time. All participants compete at their own risk.



With regards submitting your times, we are giving you a few options:

1. Download the ITSYOURRACE app [here](#) and you can submit your time through the app (available on Android and Apple App Stores)
2. Email your time to Niall at premiertimingsystems@gmail.com
3. Text your name and time to 0861660888

Times must be submitted by 23:59 on Wednesday 1st July.

Please note that all participants must adhere to the HSE Covid restrictions at all times

Participants must be over 18 years of age.

For any queries or further information call John 0878501683



*/DundrumAthleticClub
/Coillte Outdoors*



*@DundrumAC
@coiltenews*



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/Coillte_Outdoors*



Tim Crowe Memorial Trophy
to be presented to the fastest
Tipperary Athlete in the 10k.

