



All proceeds to Ovarian/Uterine/Endometrial  
Cancer Research

IN CONJUNCTION WITH MATHESON ORMSBY PRENTICE  
SOLICITORS AND YOUGHAL ATHLETIC CLUB

PRESENTS

# THE 4TH ANNUAL EMER CASEY MEMORIAL 10K ROAD RACE/WALK

On a flat, fast course

Course Records: Men- Sandis Bralitis 30min 13sec  
Women - Rhona Lynch 37min 30sec

**Sun 23rd May 2010  
at 1.30pm**

At Pobalscoil Na Trionóide, Youghal  
(Travelling on the N25 from Cork to Waterford - Take the  
Youghal By-Pass and then first left)

Entry Fee €20

**€2,500 in Prizes**

1st 6 Men	First 3 Women O35	1st 3 Junior Men
1st 6 Women	First 3 Women O40	1st 3 Junior Women
First 3 Men O40	First 2 Women O45	Wheelchair Category
First 3 Men O45	First Woman O50	First Mens Team (4)
First 2 Men O50	First Man O55	First Ladies Team (3)
First Man O60		

Perpetual Trophies to First Male and First Female Athletes  
Numerous Spot Prizes to the value of €500  
Goody Bag plus Free T-Shirt to all finishers  
Accurate Course measured by Jones Counter  
Refreshments and Showers after the race  
at Pobalscoil Na Trionóide

[www.emercaseyfoundation.com](http://www.emercaseyfoundation.com)  
Contact 024 92143 or 087 2838770

## ENTRY FORM

### PERSONAL DETAILS

Name:.....

Address:.....

Emergency

Contact:.....

Email:.....

Date of Birth:..... Age on 23/05/2010:.....

Gender (tick appropriate box):  Male  Female

Athletic Club:.....

Expected Finish Time: .....hour(s) .....minutes

Runner  Walker  Please Tick

### PAYMENT

Emer Casey Memorial 10K T-Shirt (included in entry fee)

Entry Cost: €20

All cheques should be made payable to: The Emer Casey Foundation

### CHARITY FUNDRAISING

I would be interested in raising money for The Emer Casey  
Foundation. Please tick appropriate box:  Yes  No

If yes please download and print a separate sponsorship form at:  
[www.emercaseyfoundation.com](http://www.emercaseyfoundation.com)

### GENERAL INFORMATION:

We cannot refund entry fees to runners who did not eventually  
take part in the event.

### MEDICAL ADVICE:

If you suffer from any form of medical condition mark the front of your race num-  
ber with a prominent waterproof cross and list details of the condition on the back  
of your race number.

### DECLARATION

I fully understand that I have entered this event at my own risk and that the  
Organisers and Sponsors will not be liable for any injury before, during or after the  
event. I declare that I am physically fit and waive and renounce any rights and  
claims for damages I may have against Partners, Organisers and Sponsors from  
any loss/injury as a result of my participation in this event. I understand that for  
safety reasons race numbers for this event should NOT be given to runners who  
have not signed a declaration.

I agree/do not agree to the information presented on this application form being  
stored on computer for the use of organisers.

I accept that no refund can be given if the event has to be cancelled or postponed  
due to circumstances outside the Organisers' control.

SIGNATURE:..... DATE:.....

Please send the completed form and payment to:

**The Emer Casey Foundation, Cill Na Sidhe, Kilcoran Road,  
Youghal, Co. Cork, Ireland.**

For more information please call 087 2838770 or

Email: [info@emergcaseyfoundation.com](mailto:info@emergcaseyfoundation.com)

## NUMBER COLLECTION

Please note that numbers may be collected at  
Pobalscoil Na Trionóide on Saturday May 22nd from  
3-5pm or on Sunday May 23rd from 11am