

#### Tony O Connell 4 Miler

The Tony O Connell 4 miler has been re scheduled for Sunday 24th January, weather permitting. The race headquarters will once again be the Vocational School, the Mall and entries will be taken from 10 am onwards. The race will start at the Loreto Convent at 12 noon and proceed down to Ferryhouse and back to Barlo Motors via the Waterford Road. The entry fee is €10 and there will be Prizes in all the various categories as well as plenty of Spot Prizes for down the field finishers. There will also be Post Race Refreshments in the Vocational School after the race.

This race will be ideal for anyone aiming to run in the Dungarvan 10 mile road race on January 31st of January. It will also offer people of all levels of ability an opportunity to get 2010 off to a great start to their New Year Resolution.

Weather permitting the Tony O Connell 4miles will get underway at 12 noon from the Loreto Convent. However I would ask everyone who are interested in participating in the race to check our website [www.clonmelac.com](http://www.clonmelac.com) for confirmation of the race going ahead closer to the date. Or they can contact 086 166088 for further enquiries.

regards

Niall