



SHANNON ESTUARY 10 mile Run 10 km Run 6km Fun Run 1.5km Kids Dash!



St. Senan's RFC



Triathlon Training & Coaching

Fundraising event in aid of St. Senan's RFC & GoTri Triathlon Racing Team

NOVEMBER 24 2013
RACE STARTS @ 11AM

**REGISTRATION AT ST. SENANS
RFC GROUNDS >**
OPENS @ 9.30AM
CLOSES @ 10.45AM

Register www.Sportstiming.ie

10 Miler - Early Bird Online Entry €20
€25 on the day

6K Fun Run €10 **Kids Dash for free!**
GREAT VALUE FAMILY TICKET €30

Further info on www.gotri.ie or www.stsenansrugby.com

Or find us on [facebook](#) Shannon Estuary 10 Mile & 6K Fun Run

LOCAL CLUBS SUPPORTING LOCAL CLUBS