



Ards and North Down Lions Club

# ARDS FIVE-MILE CHALLENGE



(in association with Ballydrain Harrier and Athletic Club, and Scrabo Striders)

**The distance has been Officially Measured**



ANI/0218/RR1385

**Friday, 31 August 2018, Race  
Start 19:00 hrs Londonderry  
Park, Portaferry Road,  
NEWTOWNARDS**

The Race will be timed  
by



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Ards and  
North Down  
Borough Council



## Prizes:

**Senior & Vet: Male & Female**

**1<sup>st</sup>: £35; 2<sup>nd</sup>: £25**

**Junior: Male and Female**

**1<sup>st</sup>: £25**

**Online Entry fees :**

**Senior & Vet : £12 / Junior : £8**

*Pre-registration on-line with Athletics NI.*

*Registration on the night from 17:30 hrs –*

*Senior and Vet: £14.00 / Junior : £9*

**Proceeds towards the Lions'  
Senior Citizens' Dinner**

Further information, email: [ardsnthdownlions@aol.com](mailto:ardsnthdownlions@aol.com)

**Note: Organisers are not responsible for any injuries sustained by any entrants. For insurance purposes, juniors MUST be at least 15 years of age and under 18 years of age on the date of the race.**

**The use of headphones during the Challenge is strictly prohibited.  
Any runner observed using headphones will be disqualified**

