

**Annual Carramore 10K
Road Race
&**

4 Mile Fun Walk

in conjunction with Mayo Athletics League

in support of

Mayo Roscommon Hospice



Saturday 15th May at 6.00pm

AAI Permit Granted

Entries €10

Numerous Spot Prizes

For further information and Sponsorship cards contact:

Christy Heneghan 087 1259435 the Hospice
Office, Knock 094-9388666

**To date the event has raised almost €54,000 for
our Palliative Care Service**

Thank you for your support