

# GET UP. GET OUT. GET GOING! CHALLENGE

**Saturday**  
**4th September 2010**  
**Ardgillan Castle, Co. Dublin**

**Open to males**  
and females who are  
prepared to dress as males

**Races Start 1.30pm**

**10km run €15pp online entry price**  
**5km run €10pp online entry price**

Enter online at [www.runireland.com](http://www.runireland.com)

Entry on the day will be €20 per person

**The 3km fun run**  
is free to enter  
-just turn up

**5km or 3km  
events**  
no age restriction

**10km race**  
minimum age  
15 years

See [www.mhfi.org](http://www.mhfi.org) for more details