

**ARDKEEN**  
QUALITY FOOD STORE

**Balance**  
fitness Waterford



**SUNDAY JULY 19TH, 3PM**  
**Waterford Castle**  
**Open day from 1pm - 5pm**

- Picturesque car free course
- Music and BBQ
- Kids entertainment

**PRE-ENTER NOW** at **Ardkeen Quality Food Store**  
Limited entry on the day

**Great prizes:** including one night plus dinner at Waterford Castle for 1st Male and 1st Female  
Further information at [www.balance.ie](http://www.balance.ie) and [www.ardkeen.com](http://www.ardkeen.com)

## ENTRY FORM

Race entry **€15** - includes T-shirt & BBQ & goody bag

Bring completed form with payment to: **Ardkeen Quality Food Store, Dunmore Rd. Waterford**

**NAME**

**MALE/FEMALE**

**Email**

**D.O.B**

**WATERFORD CASTLE**  
*The Island Haven*  
[www.waterfordcastle.com](http://www.waterfordcastle.com)

**The Island Run is a non-profit event. A donation will be made to WRH Paediatric Ward**