



9th October 2019

Download form at military.ie, dfmagazine.ie and IKON

### Entrant Details

- The deadline for applications is 4th October.
- Entry fee is €10 per person.
- Limited entries on the day will **not be timed or receive a goody bag**, but will still pay a fee of €5.
- The race is open to all PDF, RDF, DoD, retired and invited personnel.
- All cheques/postal orders made payable to An Cosantóir and sent to:  
**2019 An Cosantóir 10k, An Cosantóir, Block 5, Ceannt Bks, Curragh Camp, Kildare**
- Race numbers can be collected on race day from 1100 in McKee Bks Gym.
- Blocks start at 1200 and teams/runners/walkers at 1330. All participants are directed by DDFT to attend the prize giving ceremony at 1500.
- Use the QR Code in the top left corner to access the online entry form or visit:  
<https://register.primoevents.com/ps/event/AnCosantoir10k>

Rank	Forename	Surname	DOB	M/F	Unit	Cat	T-Shirt	Contact
			DD/MM/YY			W/R/T/V	S/M/L/XL	Ph/Email
			DD/MM/YY			W/R/T/V	S/M/L/XL	Ph/Email
			DD/MM/YY			W/R/T/V	S/M/L/XL	Ph/Email
			DD/MM/YY			W/R/T/V	S/M/L/XL	Ph/Email
			DD/MM/YY			W/R/T/V	S/M/L/XL	Ph/Email
			DD/MM/YY			W/R/T/V	S/M/L/XL	Ph/Email
			DD/MM/YY			W/R/T/V	S/M/L/XL	Ph/Email

### Block Details (No need to fill in individuals)

Block Name:

Est Time:

PDF/RDF:

No. of T-Shirt's

S	M	L	XL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Block Contact:

All competitors must specify rank, name, date of birth, gender and category.  
 Categories: Walkers insert "W", Runners insert "R", Teams insert "T", Veterans insert "V"  
 Team participants can also run as individuals and can be of any age, rank or gender, but must be from the same unit. Team size is six and all must cross the finish to score. Units can enter more than one team.

Team captains must attend a briefing before the race starts.  
 Max size of a block is 25, with 20 to finish in order to score. Block captains must attend a briefing before the race starts.  
 DFAA race rules apply and the race committees decision is final.  
 Any profits go to selected charities.