

Templemore Athletic Club



FIT-4-LIFE

4 Mile Track & Trail Run

A Run with a difference !

Sunday 11th Sept 2011
at 2pm

The race will start on the all weather Athletic Track and then follow a trail through the Town Park in Templemore – alongside the lake and through the beautiful woodlands before finishing back at the Athletic Track

- Flat Course – Suitable for all fitness levels
 - Over 16's
 - Accurately measured
 - AAI permit granted

Registration on the day from 12.30pm

Contact for Info: Paddy Clarke 086-2441674 or Paddy Ryan 087-9959831