

# **Fit4Life 2010 / Event Details**

## **January**

Wednesday 27<sup>th</sup> Fit4Life Round 1 / Road / 3Km Rathdrum 7-30pm  
Registration at Soccer Club ( 200m on left past St. Coleman's Hospital )  
Hosted by Parnell A.C.

## **February**

Thursday 18<sup>th</sup> Fit4Life Round 2 / 3KM Floodlit Cross country 7-30pm  
Venue to be decided  
Check [www.athleticswicklow.org](http://www.athleticswicklow.org) for full details  
Or ring 087-2330403 / 086-8635797

## **March**

Wednesday 24<sup>th</sup> Fit4Life Round 3 / Road 2 Miles Greystones 7-30pm  
Registration at Charlesland. Route out & back on bicycle path.  
Hosted by Kilcoole A.C.

## **April**

Sunday 25<sup>th</sup> Fit4Life Round 8 / Djouce Predictor Run App. 4 ½ miles 10-30am  
Top Car Park - closest to Bray. Athletes run minus watch.  
All will be timed.  
Small prizes for closest predictions.  
Hosted by Slí Cualann A.C.

## **May**

Friday 21<sup>st</sup> Fit4Life Round 5 / Spar Mile Challenge Greystones 7-30pm  
Charlesland Sport & Recreation Park  
Number of 1 mile races organised by time bands.  
Hosted by Greystones A.C.

## **June**

Wednesday 16<sup>th</sup> Fit4Life Round 6 / Road 2 Miles Roundwood 7-00pm  
Registration & Start at GAA Complex.  
In conjunction with local BBQ.  
See [www.athleticswicklow.org](http://www.athleticswicklow.org) for details.  
Hosted by Roundwood A.C.

**July**

Wednesday 14<sup>th</sup> Fit4Life Round 7 / Trail Rathdrum 7-30pm  
Venue - The Stump  
( Approaching Rathdrum from Glenealy, turn right for Moneystown. )  
Hosted by Parnell A.C.

**August**

Sunday 29<sup>th</sup> Fit4Life Round 4 / Trail 5Km approx. Blessington 10-30am  
See [www.athleticswicklow.org](http://www.athleticswicklow.org) for directions.  
Hosted by Lakeshore Striders A.C.

**September**

Wednesday 8<sup>th</sup> Fit4Life Round 9 / Road 5Km Shanganagh 7-00am  
Meet in big field before the bridge.  
Hosted by Bray Runners A.C.

**October**

Sunday 31<sup>st</sup> Fit4Life Round 10 / Road 2 Miles Arklow 10-30am  
Registration at Coral Leisure Centre.  
Hosted by Inbhear Dee A.C.

**November**

Sunday 28<sup>th</sup> Fit4Life Round 10 / Trail 3 Miles Devil's Glen 10-30pm  
Hosted by Slí Cualann A.C.

**December**

Sunday 12<sup>th</sup> Fit4Life Round 12 / Road 5Km Greystones 10-30am  
Registration, start & finish at Shoreline Leisure Centre.  
Route mainly off road on bicycle paths.  
Hosted by Greystones A.C.