

Fit4Life 2010 / Event Details

January

Wednesday 27th 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 18th Fit4Life Round 2 / 3KM Floodlit Cross country 7-30pm
Venue to be decided
Check www.athleticswicklow.org for full details
Or ring 087-2330403 / 086-8635797

March

Wednesday 24th 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 25th 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 21st 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 16th Fit4Life Round 6 / Road 2 Miles Roundwood 7-00pm
Registration & Start at GAA Complex.
In conjunction with local BBQ.
See www.athleticswicklow.org for details.
Hosted by Roundwood A.C.

July

Wednesday 14th 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 29th Fit4Life Round 4 / Trail 5Km approx. Blessington 10-30am
See www.athleticswicklow.org for directions.
Hosted by Lakeshore Striders A.C.

September

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

October

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

November

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

December

Sunday 12th 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.