

Athletics Wicklow 2009

Fixtures Booklet

www.athleticswicklow.com

Check for updates on all events.

Any changes to the programmes listed here will be highlighted on the home page.

Queries to :

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Success is a Journey not a Destination

Athletics Wicklow

Indoors

Fri. Feb. 6 th	Indoor Super Athletics (Team Event)	Greystones	6-30pm
Fri. Dec. 11 th	Sportshall Athletics (Team Event)	Greystones	6-30pm

Track & Field

Sat. April 25 th	Outdoor Super Athletics (Team Event)	Greystones	11-00am
Sat. May 9 th	County Championships Day 1	Greystones	12-00pm
Sun. May 10 th	County Championships Day 2	Greystones	12-00pm
Sun. June 7 th	County Community Games	Shillelagh	
Tues. June 16 th	Bray Sports	Pres. Bray	6-30pm
Sun. June 7 th	County Community Games	Shillelagh	
Wed. July 1 st	County Juv. Team Event	Greystones	6-30pm
Wed. July 1 st	Senior 5000m / Masters & Juniors 3000m	Greystones	7-00pm

Cross Country

Mon. Mar. 30 th	County Community Games CC	Avondale	6-00pm
Sun. Oct. 4 th	County Even Ages & Novice CC	Bray	11-00am
Sun. Oct. 11 th	County Uneven Ages & Intermediate	Roundwood	11-00am
Sun. Dec. 20 th	County Senior & Junior CC	Avondale	11-00am
Sun. Dec. 20 th	Juvenile CC Relays	Avondale	11-00am
Sun. Jan. 3 rd 2010	County Masters CC	TBD	

Road

Sun. Feb. 22 nd	County 5Km Road Championships	Ashford	10-30am
Fri. June 26 th	Kilcoole 5Km	Kilcoole	7-00pm
Sun. Aug. 16 th	Parnell 40 th Anniversary 10Km	Rathdrum	10-30am
Sat. Sept. 19 th	Lakeshore Striders 10Km	Blessington	11-00am
Sat. Dec. 26 th	'Streets of Wicklow' 5Km	Wicklow	12-00pm
Sun. Dec. 27 th	Roundwood Biathlon	Roundwood	2-00pm

Other

Jan. 16 th	County Star Awards	Rathdrum	8-00pm
Jan.20 th	County AGM	Roundwood	8-00pm

Fit4Life Leagues

General Information

- Entry fee to all Fit4Life League events is €5.
- While guests are welcome, all participants of the Fit4Life Leagues are required to register with the Athletics Association of Ireland.
- Registration with A.A.I. is €20 and covers the period January 1st 2009 to December 31st 2009.
- Seven races from the twelve month League must be run to be counted for overall awards.
- Presentations for each race will be made on the day.
- These presentations will be nominal - medals, tee shirts, sports socks etc. They will be awarded to the first three in each category.
- An overall award will be made to the Top three individuals in each category, who have participated in seven races. This Award will be made at the annual Star Awards Presentation evening.
- Register for event no later than 30 minutes before start time.
- Categories :

Junior Women
Senior Women
Over 35 Women
Over 40 Women
Over 45 Women
Over 50 Women

Junior Men
Senior Men
Over 35 Men
Over 40 Men
Over 45 Men
Over 50 Men



Fit4Life

Event Details

January

Wednesday 28th Fit4Life Round 1 / Road / 3Km Rathdrum 7-00pm
Registration at Soccer Club (200m on left past St. Coleman's Hospital)

February

Sunday 22nd Fit4Life Round 2 / 5Km Ashford 10-30am
Meet at Ashford House Car Park.
In conjunction with County Road Championships.

March

Sunday 22nd Fit4Life Round 3 / Trail Blessington 10-30am
See www.athleticswicklow.com for directions or email
noreenoreilly@gmail.com

April

Wednesday 1st Fit4Life Round 4 / Trail 4.5Km Aughrim 7-00pm
Registration at National School at Rathdrum entrance to village.

May

Wednesday 20th Fit4Life Round 5 / Spar Mile Challenge Greystones 7-00pm
Charlesland Sport & Recreation Park

June

Wednesday 24th Fit4Life Round 6 / Road 2 Miles Roundwood 7-00pm
GAA Complex

July

Wednesday 22nd Fit4Life / Trail Miles Rathdrum 7-30pm
Venue - The Stump (Approaching Rathdrum from Glenealy, turn right
for Moneystown after the bad bends - wood entrance ½ mile on left.

August

Sunday 30th Fit4Life Round 8 / Predictor Run Djouce 10-30am
Top Car Park - closest to Bray. Athletes run minus watch.
All will be timed. Small prizes for closest predictions.

September

Wednesday 9th Fit4Life Round 9 / Road 5Km Shanganagh 7-00am
Meet in big field before the bridge.

October

Wednesday 14th Fit4Life Round 10 / Road 2 Miles Wicklow 7-30pm
Comhaltas building, Wicklow

November

Sunday 15th Fit4Life Round 11 / Road 3Km Arklow 10-30am
Meet at Arklow Sport & Leisure Centre.

December

Saturday 12th Fit4Life Round 1 / Trail 4 Miles Devil's Glen 10-30am
Athletes will be put into teams - to add an element of fun to the
event. Chocolate for winners. Teams will be selected randomly on the day based on
best times for mile. Individual times will be taken for League purposes.

Meet & Train Groups

Slí Cualann A.C. is running Meet & Train Groups in the following locations with details as follows :

Wicklow Town	Inbhear Dee A.C.	Noreen O'Reilly	0404-67951	087-2330403
Rathdrum	Parnel A.C.	Bill Porter	0404-46010	087-2928660
Kilcoole	Kilcoole	Eamonn Tilley	01-2761641	086-8097162
Greystones	Greystones A.C.	Theresa Kinane	01-2876115	086-8635797
Bray	Bray Runners	Dermot Brennan	01-2861183	086-8227454
Blessington	Lakeshore Striders	Niamh Gaffney	087-6141239	

Don't forget to check www.athleticswicklow.com in case of changes to venues, times etc.

Coaching, Squad Days & Workshops

Athletic Leader

Fri. Feb. 13 th	Day 1	Greystones	6-30pm - 9-30pm
Fri. Feb. 20 th	Day 2	Greystones	6-30pm - 9-30pm

Assistant Coach

Wed. Feb. 11 th	Day 1	Greystones	6-30pm - 9-30pm
Wed. Feb. 18 th	Day 2	Greystones	6-30pm - 9-30pm

Wicklow Talented Athlete Squad

Fri. Feb. 13 th	Day 1	Greystones	6-30pm - 8-30pm
Sat. Mar. 21 st	Day 2	Greystones	10-00am - 12-00am
Sat. April 25 th	Day 3	Greystones	10-0am - 12-00pm

Fri. Sept. 11th - Sun. Sept. 13th **Residential 3 day training camp - Blessington**

Cross Country Squad Days

Sun. Sept. 7 th		Shanganagh	9-00am
Sun. Sept. 27 th		Glendalough	9-00am
Sun. Nov. 1 st		Djouce	9-00am
Sun. Nov. 29 th		Devil's Glen	9-00am

Ring 087-2330403 to confirm there has been no change.

Regional Squad Days - Leinster & Dublin

Sat. Jan. 24 th	Day 1	Tullamore	11-00am
Sat. Feb. 21 st	Day 2	Tullamore	11-00am

Application for Courses / Squads etc. is as follows :

Athletic Leader	-	Application required	Fee
Assistant Coach	-	Application required	Fee
Wicklow Talented Athlete Squad	-	By Selection	No Fee
Cross Country Squad Days	-	Just turn up	No Fee
Regional Squad Days	-	By Invitation	Fee

Schools

Wicklow Cross Country

Tues. Feb. 17 th	Primary Schools CC Relays	Avondale	11-00am
Wed. Sept. 30 th	Post Primary Schools CC	Avondale	11-00am
Tues. Oct. 6 th	County Primary Schools	Avondale	11-00am
Wed. Oct. 21 st	Post Primary Schools CC	St. Gerard's, Bray	11-00am
Wed. Nov. 25 th	Post Primary Schools CC Relays	TBD	11-00am

Wicklow Track & Field

Tues. April 21 st	County Post Primary Schools	Greystones	10-30am
Tues. May 19 th	County Primary Schools	Greystones	10-30am

Leinster Cross Country

Wed. Jan. 28 th	North Leinster	Santry	12-00pm
Thurs. Jan. 29 th	East Leinster	Avondale	11-00am
Thurs. Jan. 29 th	West Leinster	Phoenix Park	11-00am
Wed. Feb. 4 th	South Leinster	Tinryland	12-00pm
Wed. Feb. 11 th	Leinster Schools	Santry	12-00pm

Leinster Schools Track & Field

Tues. April 28 th	West Leinster Schools Day 1	Santry	2-00pm
Wed. April 29 th	South Leinster Schools Day 1	Kilkenny	10-00am
Wed. April 29 th	North Leinster Schools Day 1	Santry	10-00am
Thurs. April 30 th	East Leinster Schools Day 1	Ringsend	2-00pm
Thurs. April 30 th	West Leinster Schools Day 2	Santry	10-00am
Tues. May 5 th	East Leinster Day 2	Ringsend	10-00am
Wed. May 6 th	East Leinster Day 3	Ringsend	10-00am
Wed. May 6 th	North Leinster Schools 2	Santry	11-00am
Fri. May 8 th	South Leinster Schools	Kilkenny	10-00am
Wed. May 13 th	Leinster Schools	Santry	9-00am
Sat. May 16 st	Leinster Schools	Santry	9-00am
Sat. Sept. 12 th	Leinster Schools Combined Events	Santry	10-00am

Schools

National Cross Country

Sat. Mar. 7 th	Irish Schools	Jordanstown	12-00pm
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National Track & Field

Fri. April 24 th	CBS Championships	Santry	11-00am
Sat. May 30 th	Irish Schools Championships	Tullamore	9-00am
Sat. June 27 th	Tailteann Games	Santry	12-00pm
September 26 th	Irish Schools Combined Events	Santry	10-00am

International

Sat. March 28 th	Schools International Cross Country	Wales	2-00pm
Sat. July 18 th	Schools International Track & Field	Antrim	11-00am
Sat. Dec. 5 th	Schools International Comb.Ev.	Glasgow	

Universities

Sat. 14 th / Sun. 15 th Feb.	Indoors	Nenagh
Fri. 24 th / Sat. 25 th April	Track & Field	Limerick
Sat. 7 th March	Cross country	Jordanstown
29 th March	Celtic Cross Country	Wales
4 th July	World Universities	

Athletics Leinster

Indoors

Sun. Feb. 1 st	Leinster Indoors Day 1	Nenagh	10-30am
Sat. Feb. 28 th	Leinster Indoors Day 2	Nenagh	10-30am
Sun. March 1 st	Leinster Indoors Day 3	Nenagh	10-30am

Track & Field

Sat. May 23 rd	Leinster Combined Events	Greystones	10-00am
Sun. May 24 th	Leinster Junior & U23 Championships	Greystones	10-00am
Sat. June 6 th	Leinster Relays	Kilkenny	
Sun. June 7 th	Leinster Senior & Masters	Tullamore	2-00pm
Sat. June 13 th	Leinster U9 - U11 Team Compt.	Navan	11-00am
Sat. June 13 th	Leinster U12 & U13 Championships	Navan	11-00am
Sat. June 20 th	Leinster U14 - U19 Championships	Tullamore	
Sun. June 21 st	Leinster U14 - U19 Championships	Tullamore	
Sat. July 11 th	Leinster Team Event	Navan	

Cross Country

Sun. Jan. 18 th	Leinster Sen. & Jun. CC & Juv. Relays	Tymon Park	12-00pm
Sun. Oct. 25 th	Leinster Even Ages, Novice & Masters	TBD	
Sun. Nov. 8 th	Leinster Uneven Ages & Intermediate	TBD	

Road

Mon. May 4 th	Leinster Novice Road Championships	Gowran	
Sun. Aug 16 th	Leinster Senior Road Championships	Rathdrum	10-30am

Other

Fri. Jan. 9 th	Leinster Star Awards	Carlow	8-00pm
Thu. Feb. 26 th	Leinster AGM	Newbridge	8-00pm

- ***Leinster Fixtures have to be confirmed at the AGM.***

AAI Events

Indoors

Sat. Jan 10 th	AAI Senior Comb. Ev. & Senior Relays	Nenagh	12-00pm
Sun. Jan. 11 th	AAI Masters Indoors	Nenagh	11-30am
Sun. Jan.18 th	AAI Juvenile Indoor Combined Events	Nenagh	11-00am
Sat. Jan. 24 th	AAI Junior Indoors	Nenagh	11-00am
Sun. Jan. 25 th	AAI Games	Nenagh	11-30am
Sat. Feb. 7 th	AAI Senior Indoor Championships	Odyssey	5-00pm
Sun. Feb. 8 th	AAI Senior Indoor Championships	Odyssey	2-00pm
Sat. March 28 th	AAI Juvenile Indoors	Nenagh	
Sun. March 29 th	AAI Juvenile Indoors	Nenagh	
Sat. April 4 th	AAI Juvenile Indoors	Magherafelt	
Sun. April 5 th	AAI Juvenile Indoors	Magherafelt	

Cross-country

Sun. Jan. 25 th	AAI Juvenile B' All Irelands	Roscomman	12-00pm
Sun. Feb. 15 th	AAI Intermediate & Masters	Santry	1-00pm
Sun. March 1 st	AAI Senior & Junior CC`	Santry	1-00pm
Sun. Nov. 22 nd	AAI Even Ages & Inter Counties	TBD	
Sun. Dec. 6 th A	AI Uneven Ages & Novice	TBD	

Track & Field

Sun. May 17 th	AAI Games & Relays	Athlone	
May 23 rd	AAI Senior & Junior Combined Events	Greystones	10-00am
May 24 th	AAI Senior & Junior Combined Events	Greystones	10-00am
Sun. June 14 th	Round 1 National League		
Sun June 28 th	AAI Junior & U23 Championships	Tullamore	
Sat. June 27 th	AAI National Team Competition U9 - U11	Tullamore	
Sun. July 5 th	Round 2 National League		
Sat. July 11 th	AAI Juvenile Championships U12 - U19	Tullamore	
Sun. July 12 th	AAI Juvenile Championships U12 - U19	Tullamore	
Sat. July 18 th	AAI Juvenile Championships U12 - U19	Tullamore	
Sun. July 19 th	AAI Juvenile Championships U12 - U19	Tullamore	
Sat. July 25 th	AAI Juvenile Combined Events		
Sun. July 26 th	AAI Juvenile Combined Events & B' Champs.		
Sat. Aug. 1 st	AAI Senior Track / Field Championships	Santry	
Sun. Aug. 2 nd	AAI Senior Track / Field Championships	Santry	
Sat. Aug. 8 th	AAI National League Final	Tullamore	
Sun. Aug. 16 th	AAI Masters	Tullamore	

Road

Sun. April 19 th	AAI Road Relays	Raheny	
Sun. April 26 th	AAI 10Km Road Race Championships	Navan	
Sun. Sept. 6 th	AAI Half Marathon	Ballybofey	
Mon. Oct. 26 th	AAI + Dublin City Marathon	Dublin	

Other

Sat. March 21 st	AAI Juvenile Star Awards	Arklow	
Mon. June 1 st	Mini Marathon	Dublin	

International Events

Sat. Jan. 3 rd	Belfast International	Stormont
Sat. Jan. 17 th	Celtic Cross country	Wales
Sat. Feb. 14 th	Scottish Indoors U13 / U15	Glasgow
Sun. Feb. 15 th	Scottish Indoors U17 / U20	Glasgow
Sun. Feb. 22 nd	Ras na hEireann	Dunleer
Fri. Mar. 6 - 8 th	European Indoors	Turin, Italy
Wed. Mar. 25 - 29 th	European Masters Indoors	Ancona, Italy
Sat. March 28 th	World Cross Country	Amman, Jordan
Sun. May 24 th	European Cup of Race Walking	Metz, France
Fri. May 29 - 31 st	European Masters Non stadia	Aarhus, Denmark
Sat. May 30 th	European Track & Field Clubs	
Sun. June 28 th	Grand Prix Race Walking	Phoenix Park
Sat. July 4 th	Cork City Sports	Mardyke
Sun. July 5 th	European Mountain Running Championships	
Wed. July 8-12 th	IAAF World Youth Championships	Bressanone, Italy
Thurs. July 16-19 th	European U23 Championships	Kaunas, Lithuania
Mon. July 20-26 th	European Youth Olympic Festival	Tampere, Finland
Wed. July 23-26 th	European Junior Championships	Novi-Sad, SBR
Tues. Jul. 28 th -2 nd	World Masters	Lahti, Finland
Sat. Aug. 1 st	Celtic Games	Wales
Sat. Aug. 15 th -23 rd	IAAF World Championships	Berlin
Sun. Dec. 13 th	European Cross country	Santry