

Introduction to Cross Country



Powerstown Racecourse

on

Wednesday Nights

**September 19th and 26th
at 6.15 p.m.**



Getting fit can be hard whether it be for a team event or for your own well being.
This 'Get together' is an ideal way to get you on the road to fitness.

All levels of fitness will be catered for - go at your own pace.

Come along and participate

Enquiries: Niall O Sullivan - 052 38287

Promoted by: Clonmel Athletic Club