

Clonmel Athletic Club



Promotes the **Golden Mile Challenge** in aid of the GOAL Charity

Roger Bannister was the first man to break 4 minutes for the Mile –
What would you run a Mile in – You now have an opportunity to
test yourself over the Classic distance as well as contributing to a
worthy cause.

Dates and Venue

Wednesday 9th, 16th and 23rd of September at 7 pm at the
Dr Pat O Callaghan Sports Complex, Cashel Road, Clonmel.

Challenge

Test yourself over the Classic distance with athletes of similar
fitness levels as we will have a race for all levels and set your own
Personal Best for this distance.

**No Entry Fee – Just come along and accept the
Challenge and donate to a very worthy cause**