

# **Winter Series of Races**



## **4K Fun Run Series**

### **Wednesday Nights**

**October 7th, 14th, 21st and 28th  
November 4th, 11th, 18th and 25th**

**Starts each night at 7 p.m. - on St Patrick's Road close to Moangarriff Roundabout**

**Prizes will be awarded each night for 'down the field' finishers**

**Getting fit can be hard whether it be for a team event or for your own well being.  
This 'Get together' once a fortnight 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.**

**Get a friend to join you and both complete the 5 events at your own pace**

**A Special Memento will be awarded to anyone who competes in 5 out of the 8 Races**

**All participants are requested to wear a reflective bib**

**Entry Fee - each night - 5 Euros**

**Enquiries: Niall O Sullivan - 052 38287**

**Promoted by: Clonmel Athletic Club**