

22nd Nov'17

British & Irish Masters International XC

Congratulations Colm Burke and Dick Mullins representing Ireland in the British & Irish Masters International XC in Derry. Dick was 138th overall in the 6k with a time of 29:11 and Colm was 29th overall in the 8k race with a time of 30:05.

Training Times

Couch to 5k program will continue to run every Monday and Wednesday night 7.30pm – 8.30pm. Club training nights are Tuesday and Friday 7.30pm – 9pm all are Welcome The Final round of the club development draw takes place in Behans Pub on the 2nd December. Tickets available from committee members.

County Road Race dates 2018

The confirmed Road Race dates and Venues for 2018 are as follows; 4th Feb - Novice - Ballyfin AC, 25th Feb - Intermediate - St. Abbans, 25th March - Senior - Oughaval (to be held in Fisherstown), 8th April - Masters - St. Michaels.