



LOUGH REA

HOTEL & SPA



Loughrea Athletic Club 40th Celebrations

Chi Running workshop 27th of September from 10 am - 4 pm with Catherina McKiernan in Lough Rea Hotel & Spa, Limited Numbers €120 including lunch, Contact Barry @ 0861777736 (After 5pm) for more information.

Seminar

Agenda "Success in middle and long distance running".

Venue Lough Rea Hotel & Spa, September 27th @ 6 pm - Free of Charge

Distinguished guests which include: **Ian O Riordan** (Chairperson)

Olive Loughnane, Catherina McKiernan, Pauline Curley,

Paul McNamara , Jim Hogan, Vince Regan

Maria Keane - A Qualified Nutritionist, **Canice Kennedy** - Sports Psychologist

Robert Denmead - International Athletic Coach , **Eilish Dolan** - Sports Clinic Dublin

5 Mile Road Race 28th of September @ 2 pm around the Streets of Loughrea

Sponsored by Lough Rea Hotel & Spa (Special weekend deals available)

(Accurately measured using Jones Counter)

Entry on Line @ www.runireland.com

Entry Forms also available from T.L.O'Brien, News N Choose and Loughrea Library

Prizes Awarded To

1st 6 Senior Men and 1st 6 Senior Women

1st 3 Veteran Men 0/40 0/45 0/50 0/55 0/60

1st 3 Veteran Women 0/35 0/40 0/45 0/50

First 3 Club Teams (Male x 4 and Female x 3)

Souvenir For All Finishers (Only 1 prize per person)

Walkers , Fun Runners all are welcome

Collect your Race Number on the Day of Race at Lough Rea Hotel and Spa before 1pm

Junior Fun Run 28th of September @ 1 pm Sharp (Under 15's Only)

€5 on day of Race in Lough Rea Hotel & Spa Before 12 noon

Photos from the past sponsored by News N Choose, Main St, Loughrea

Photos from the past and History of the Club also on viewing on Day of Seminar and Road Race in Loughrea Hotel & Spa

**For more information Visit : www.athleticsloughrea.com or Contact Barry
0861777736 , Darragh 0879004525**