

The 2010

### Mayo 5km Fit4Life/Meet and Train Summer Series

Sponsored by Country Harvest Fruit and Veg Store Claremorris

(opposite Tesco)

This is the first ever Mayo 5km Series being organized by Mayo Athletic Club and Swinford Athletic Club supported by Mayo Sports Partnership. Fit4life/Meet and Train groups have been set up throughout Mayo since Feb 2009. These groups are going from strength to strength with more people walking, jogging and running within groups throughout the county than ever. Fit4life/meet and train's ethos is non competitive. Walkers and joggers meet once or twice a week with other walkers/runners who want to keep fit and healthy in a fun and relaxed environment. Some of the areas involved in Fit4Life/meet and train

- |            |             |
|------------|-------------|
| Ballina    | Swinford    |
| Ballinrobe | Westport    |
| Belmullet  | Claremorris |
| Castlebar  |             |



Weds June 30th -Castlebar

Weds July 7th - Swinford

Weds July 14th- Claremorris

Time - 8pm Sharp

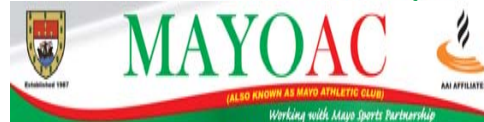
To register contact  
Anne 094 9047022/087-6973587  
Michael Mc Grath 086 8534729  
Michael Oliver 086 8196511  
Ann 086 8635534



Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo  
An Irish Sports Council Initiative  
Thionscnamh an Chomhairle Spóirt



**Swinford AC**

Sponsored by  
Country Harvest  
Fruit & Veg Store  
Claremorris

Mayo Fit4life

5km

Summer

Series

Increasing Participation  
Opportunities in Sport and  
Physical Activity

Mayo 'Fit4Life'

## 5km Summer Series

Mayo Athletic Club and Swinford Athletic Club in association with Mayo Sports Partnership are hosting a 'Mayo Fit4Life/Meet and Train 5km series throughout south and east Mayo. This is a pilot initiative and its hoped that this series will be rolled out county wide to all groups in 2011.

The Series this year encompasses Castlebar, Swinford and Claremorris. The emphasis is on fun and everyone is invited to be part of this new initiative. The 5km series is open to everyone, you don't have to be a member of any club, if you just like to do a little walking or jogging this is a fun event and a chance to meet others.

Join us for this fun new event and remember everyone is welcome!!!!

- *Each participant takes part at their own risk*
- *Always ask medical advice before taking up a new exercise*
- *Wear comfortable walking/running shoes*
- *Drink plenty of water to keep hydrated*



## DATES/TIMES/VENUES

### Castlebar

Starts at Garryduff/pound road (between Newport and rathbawn road) on the green in Marian Row. Close to St Gerald's College.

Wednesday June 30th-8pm sharp

### Swinford

### Starts in Killasser

Wednesday July 7th-8pm sharp

### Claremorris

### Starts Race Track(Claremorris AC facilities)

Wednesday July 14th-8pm sharp

Followed by Barbeque

Total cost is €20 which entitles you to take part in all 3.

€5 per event. If you can only take part in 1 or 2 events

5km walk/runs and includes barbeque on the final night in, Claremorris. There will be no cash prizes but there will be some fun prizes for best women's fit4life team and best fit4life man individual over the 3 nights.

**Spot Prize** Anyone who enters the 5km series will be included in a draw for a spot prize



**Swinford AC**

sponsored by  
**Country Harvest  
Fruit & Veg Store  
Claremorris (opposite Tesco's)**

**Mayo Fit4Life  
5km Summer Series  
and Barbeque**

**Everyone Welcome Along!**

Join us for this fun Fit4Life  
**5km series**  
in Castlebar, Swinford and Claremorris.  
Have a leisurely walk, jog or run and  
finish the series off in style at a  
**Barbeque in Claremorris**

All routes accurately measured by AAI course measurer.

