

# ATHENRY A.C.

Meet and Train Group  
For beginners and joggers



For anybody who wants  
to start jogging or running.

*Ideal preparation for  
the Womens Mini Marathon.*

*Experienced runners will help you along.*

## **8 WEEK PROGRAMME**

Every Saturday Morning  
Meet at Athenry Church Car Park  
at 10am Duration: 1hr approx  
from **April 14th - June 2nd**

Cost: €15 (includes Club membership)

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Participants will also take part in the  
County Galway 5km series.

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For Further Details contact Alan Burke  
alan@athenryac.com 087 2452130 after 7pm.

[www.athenryac.com/meet\\_train](http://www.athenryac.com/meet_train)