



Fit 4 Life



Irish Sports Council
Comhairle Spóirt na hÉireann

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|----------------|--|
| Club(s) | |
|----------------|--|

| | | | | | |
|-------------------------------|--|--------|----------|--------|----------|
| Club Secretary/Contact | | | | | |
| Address | | | | | |
| e-mail | | | | | |
| Phone | | | | | |
| No. Of Club members | <table border="1"> <tr> <td>Male</td> <td>Female</td> <td>Senior</td> <td>Juvenile</td> </tr> </table> | Male | Female | Senior | Juvenile |
| Male | Female | Senior | Juvenile | | |

| | |
|----------------------------|--|
| Venue | |
| Details of Course | |
| Garda Approval | |
| Lighting | |
| Type of Roadway | |
| First Aid Available | |

| | |
|---------------------------------------|--|
| No. of Stewards available | |
| No. of Coaches in club(s) | |
| Coaching plan for participants | |

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|--|--|
| LSP Involvement | |
| Promotion Plans | |
| New or existing races | |
| Previous race management experience | |
| Race equipment Available | |
| Safety Equipment Available | |

How would being a member of the fit4life running leagues benefit your club(s)?

How would you plan to increase membership/ participation on an ongoing basis from these leagues?

Other info