



Galway Senior **Track & Field Series** May 2007

10th, 24th & 31st May, Regional Sports Centre, Dangan, Galway.

Senior Track & Field Athletics in the West of Ireland gets a face lift with a new user-friendly format for the Galway County Championships. The new format includes a series of 3 Thursday evenings, each with a short programme of events. Competition is open to all athletes aged 16 years and over and athletes from outside Galway are very welcome. Only requirement is that competitors be registered to AAI. This low key format is the ideal opportunity to get on the track and find out what you are capable of running over a variety of distances. Why not establish new track pb's in all the distances. Have you ever fancied yourself as a strongman - then try the javelin, shot putt or discus, or find out if you're the king of spring in the high jump or long jump.

Entries in advance by email to paul@athleticsireland.ie. Entry is €5 per event (€10 per relay team) with payment on the night. Pre-entry is strongly encouraged but entries will be accepted on the night.

Up to date information will be available on:
www.athleticsireland.ie
www.galwayathletics.com
www.athenryac.com
www.craughwellac.com
www.galwaycityharriers.com

Contact: Paul McNamara
0872693675
paul@athleticsireland.ie

*Dig out your spikes,
dust off your shorts,
and run, jump and
throw...*

**A new format includes a series of
3 Thursday evenings, each with a
short programme of events**

May 10th @ 7pm

Track: 100m, 800m, Distance Medley Relay

Field: Shot Putt, Long Jump

May 24th @ 8pm

Track: 200m, 1500m, 4x400

Field: Javelin

May 31st @ 7pm

Track: 100/110m hurdles, 400m, 5000m, 4x100

Field: High Jump, Discus



County Galway **5km Series** - May 2007

Athenry 1st May * Tuam 8th May * Craughwell 15th May * Loughrea 22nd May * Galway 31st May

*Dig out your runners!
Dust off your shorts
and get running...*

Five Galway Athletics Clubs will once again come together this spring to organise a series of fun 5K road runs for adult runners and walkers in the county. The series of runs are intended primarily to encourage participation and will be 'no-frills' events. There will be no prizes for winners but plenty of encouragement for everyone taking part. Runners or walkers can just turn up on the night and enter for individual events or for the entire series. Entry fees are small at Euro 5.00 per run or Euro 15.00 for all five nights.

The final event in the series will be followed by a get-together in Kelehans of Bushy Park [just beside Dangan] where plenty of spot-prizes and plaudits will be distributed.

These races are ideal for anyone preparing for the mini-marathon or other races in the summer.

Up to date information will be available on
www.athenryac.com,
www.craughwellac.com and
www.galwaycityharriers.com.

Contact Details:

Athenry: Alan Burke 087 2452130
Tuam: Brendan Monaghan 085 1311063
Craughwell: Mike Tobin 087 6591879
Loughrea: TJ Beatty 087 6998373
Galway: Vincent Jordan 087 7504066

A series of 5km races will take place around Galway on Tuesday evenings during May, as follows:

Athenry, 1st May
Venue, Newcastle Community Centre

Tuam, 8th May
Venue, Palace Grounds

Craughwell, 15th May
Venue, Community Hall

Loughrea, 22nd May
Venue, Temperance Hall

Galway City, 29th May
Venue, Regional Sports Centre, Dangan

*Each race will commence at 8.00pm.
Registration will be on the night 7.15-7:45pm.*



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