

## South Western Region Calendar of Events 2007

Date	Event	Venue	Time	Contact	To apply;
Saturday September 29th	<b>U14 + Cork Cross Country Training Day</b>	Ballincollig Regional Park	11am	Padraig Kelly (086) 8689599	<a href="mailto:corkathletics@eircom.net">corkathletics@eircom.net</a>
Sunday September 30th	<b>Limerick Novice &amp; Even Ages Cross Country</b>	Bilboa	12pm	Mossy Wolfe (085) 7241519	
Sunday September 30th	<b>East Cork CC Championships</b>	TBA	TBA	Padraig Kelly (086) 8689599	<a href="mailto:corkathletics@eircom.net">corkathletics@eircom.net</a>
Sunday September 30th	<b>Mitchelstown Fit4Life 2.5mile walk/run</b>	Firgrove Hotel	10.30am		
Sunday October 7th	<b>Cork County Novice U23 &amp; Even Age Cross Country</b>	Carrignavar	12pm Novice & U23 1pm Juveniles	Padraig Kelly (086) 8689599	<a href="http://www.corkathletics.org">www.corkathletics.org</a>
Sunday October 7th	<b>Limerick Womens Mini Marathon</b>	University of Limerick	2pm	Limerick AC	Entry forms in the Irish Examiner
Sunday October 7th	<b>County Kerry Novice &amp; Even Age Cross Country</b>	Beafort, Killarney	12pm	Denny McSweeney (066) 7142199	
Sunday October 7th	<b>Mitchelstown Fit4Life 2.5mile walk/run</b>	Firgrove Hotel	10.30am		
Thursday October 11th	<b>DRUG AND ALCOHOL AWARENESS WORKSHOP FOR SPORTS CLUBS</b>	TBC	7pm - 9pm	Limerick Sports Partnership (061) 468542	<a href="mailto:info@limerickcitysports.ie">info@limerickcitysports.ie</a>
Saturday October 13th	<b>U13 + Cork Track &amp; Field Training Day</b>	CIT	2pm	Padraig Kelly (086) 8689599	<a href="http://www.corkathletics.org">www.corkathletics.org</a>
Saturday October 13th	<b>Fit4Life Leader Training Course</b>	TBC	10am to 4pm	Jacqui Freyne (087) 2629950 jacqui@athleticsireland.ie	Open to Leaders in Fit4Life Meet N Train Clubs
Sunday October 14th	<b>County Cork Intermediate, Masters &amp; Uneven Age Cross Country</b>	Youghal	12pm Inter & Masters 1pm Juveniles	Padraig Kelly (086) 8689599	<a href="http://www.corkathletics.org">www.corkathletics.org</a>
Sunday October 14th	<b>County Limerick Intermediate &amp; Uneven Age Cross Country</b>	University of Limerick	1pm	Mossy Wolfe (085) 7241519	
Sunday October 14th	<b>County Kerry Intermediate, Masters &amp; Uneven Age Cross Country</b>	Killarney	12pm	Denny McSweeney (066) 7142199	
Sunday October 14th	<b>Mitchelstown Fit4Life 2.5mile walk/run</b>	Firgrove Hotel	10.30am		
Thursday 18th & Friday 19th October	<b>Community Development Through Sport Conference</b>	Cork IT	7.30pm Thursday 9.30am Friday	Jennifer Flack jennifer.flack@cit.ie	<a href="http://deis.cit.ie/codes/">http://deis.cit.ie/codes/</a>

Saturday 20th October	<b>Munster Regional Squad Day</b>	UL	11am - 1.30pm	Joe O'Connor 087 6335565 or John Sheehan jsheehan58@eircom.net	Open to members of Munster Regional Squad & their Coaches
Saturday October 20th	<b>Athletics Leader Course</b>	University of Limerick	9.30 - 4.30pm	Joe O Connor (087) 6335565 joe@athleticsireland.ie	Application forms on www.athleticsireland.ie
Saturday October 20th	<b>Juvenile Walks Squad</b>	Santry	TBC	Michael Lane lanemichael@eircom.net	Contact Michael Lane (087) 7928855
Sunday October 21st	<b>Munster Novice, U23 &amp; Even Ages Cross Country</b>	TBC	TBC	Mossy Wolfe (085) 7241519	<a href="http://www.munsterathletics.com">www.munsterathletics.com</a>
Sunday October 28th	<b>U14 + Cork Cross Country Training Day</b>	Ballincollig Regional Park	11am	Padraig Kelly (086) 8689599	<a href="mailto:corkathletics@eircom.net">corkathletics@eircom.net</a>
Sunday October 28th	<b>Mitchelstown Fit4Life 2.5mile walk/run</b>	Firgrove Hotel	10.30am		
Saturday November 3rd	<b>Munster Regional Squad Day</b>	Cork IT	2pm - 4pm	Joe O'Connor 087 6335565 or John Sheehan jsheehan58@eircom.net	Open to members of Munster Regional Squad & their Coaches
Saturday November 3rd	<b>Cork County Senior &amp; Junior Cross Country</b>	Carrignavar	12pm	Padraig Kelly (086) 8689599	<a href="http://www.corkathletics.org">www.corkathletics.org</a>
Saturday November 3rd	<b>Middle Distance Seminar</b>	Dublin	TBC	Gary Ryan coaching@athleticsireland.ie	Gary Ryan (087) 9830570
Sunday November 4th	<b>Limerick County Senior &amp; Junior Cross Country</b>	TBC	TBC	Mossy Wolfe (085) 7241519	
Sunday November 4th	<b>Kerry County Senior, Junior &amp; Juvenile Relay Cross Country</b>	Caherciveen	12pm	Denny McSweeney (066) 7142199	<a href="mailto:riochtathletics@eircom.net">riochtathletics@eircom.net</a>
Sunday November 4th	<b>Mitchelstown Fit4Life 2.5mile walk/run</b>	Firgrove Hotel	10.30am		
Thursday November 8th	<b>NCTC Lucozade Sport Course</b>	Colaiste Choilm, Ballincollig	TBA	Martin Coleman (021) 4800960 mcoleman@cclsp.com	<a href="http://www.cclsp.com">www.cclsp.com</a>
Saturday November 10th	<b>Youth &amp; Junior Achiever Panel Squad Day</b>	Santry	TBC	Gary Ryan coaching@athleticsireland.ie	Gary Ryan (087) 9830570
Saturday November 10th	<b>U13 + Cork Track &amp; Field Training Day</b>	CIT	2pm	Padraig Kelly (086) 8689599	<a href="http://www.corkathletics.org">www.corkathletics.org</a>
Sunday November 11th	<b>Munster Intermediate &amp; Uneven Age Cross Country</b>	Cork	TBC	Mossy Wolfe (085) 7241519	<a href="http://www.munsterathletics.com">www.munsterathletics.com</a>
Sunday November 11th	<b>Mitchelstown Fit4Life 2.5mile walk/run</b>	Firgrove Hotel	10.30am		
Thursday November 15th	<b>NCTC Lucozade Sport Course</b>	Colaiste Choilm, Ballincollig	TBA	Martin Coleman (021) 4800960 mcoleman@cclsp.com	<a href="http://www.cclsp.com">www.cclsp.com</a>
Saturday November 17th	<b>U14 + Cork Cross Country Training Day</b>	Ballincollig Regional Park	11am	Padraig Kelly (086) 8689599	<a href="mailto:corkathletics@eircom.net">corkathletics@eircom.net</a>

Saturday November 17th	<b>AAI National Meeting &amp; Workshops</b>	Dublin	TBC	AAI Offices (01) 8869933	Details will be on <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a>
Sunday November 18th	<b>National Coaching Conference</b>	Dublin	TBC	Gary Ryan coaching@athleticsireland.ie	Details will be on <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a>
Sunday November 18th	<b>Cork County Novice B and Juvenile B Cross Country</b>	TBA	TBA	Padraig Kelly (086) 8689599	<a href="http://www.corkathletics.org">www.corkathletics.org</a>
Sunday November 18th	<b>Mitchelstown Fit4Life 2.5mile walk/run</b>	Firgrove Hotel	10.30am		
Thursday November 22nd	<b>NCTC Lucozade Sport Course</b>	Colaiste Choilm, Ballincollig	TBA	Martin Coleman (021) 4800960 mcoleman@cclsp.com	<a href="http://www.cclsp.com">www.cclsp.com</a>
Friday November 23rd	<b>SAQ Foundation</b>	Cork Institute of Technology	4pm - 10pm	Martin Coleman (021) 4800960 mcoleman@cclsp.com	<a href="http://www.cclsp.com">www.cclsp.com</a>
Saturday November 24th	<b>National Combined Events Squad Day</b>	Nenagh	TBC	Mary Barrett (087) 6115574 or Chris Regan	<a href="mailto:marybarrettpe@hotmail.com">marybarrettpe@hotmail.com</a>
Saturday November 24th	<b>Munster Regional Squad Session</b>	Castleisland & Nenagh	11am - 1.30pm	Joe O'Connor 087 6335565 or John Sheehan jsheehan58@eircom.net	Open to members of Munster Regional Squad & their Coaches
Sunday November 25th	<b>Limerick County Indoor Championships</b>	Nenagh	TBA	Mossy Wolfe (085) 7241519	
Sunday November 25th	<b>Mitchelstown Fit4Life 2.5mile walk/run</b>	Firgrove Hotel	10.30am		
Thursday November 29th	<b>NCTC Lucozade Sport Course</b>	Colaiste Choilm, Ballincollig	TBA	Martin Coleman (021) 4800960 mcoleman@cclsp.com	<a href="http://www.cclsp.com">www.cclsp.com</a>
Saturday December 1st	<b>Athletics Leader Course</b>	Cork	9.30am to 4.30pm	Jacqui Freyne (087) 2629950 jacqui@athleticsireland.ie	Application forms on <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a>
Saturday December 1st	<b>Steeplechase Workshop</b>	Santry	TBC	Gary Ryan 087 9830570 coaching@athleticsireland.ie	Open to all Coaches and athletes
Sunday December 2nd	<b>Munster Master &amp; Juvenile B Cross Country</b>	Kerry	TBA	Denny McSweeney (066) 7142199	<a href="mailto:riochtathletics@eircom.net">riochtathletics@eircom.net</a>
Sunday December 2nd	<b>Mitchelstown Fit4Life 2.5mile walk/run</b>	Firgrove Hotel	10.30am		
Saturday December 8th	<b>U13 + Cork Track &amp; Field Training Day</b>	CIT	2pm	Padraig Kelly (086) 8689599	<a href="http://www.corkathletics.org">www.corkathletics.org</a>
Saturday & Sunday December 8th & 9th	<b>Level 1 Course (Days 1 &amp; 2)</b>	Castleisland	9.30am - 4pm	Joe O Connor (087) 6335565 joe@athleticsireland.ie	Application forms on <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a>
Saturday & Sunday January 19th & 20th	<b>Level 1 Course (Days 3 &amp; 4)</b>	Castleisland	9.30pm - 4pm	Joe O Connor (087) 6335565 joe@athleticsireland.ie	Application forms on <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a>