

ATHLETICS IRELAND

Athletics Development Day

Charlesland Athletics Track

Greystones, Co Wicklow.

*Cost €5 per participant
(Coach/Teacher/Athlete)*

Date 3rd November

Time 10am—4pm

*All interested people involved or
who would like to be involved in
athletics are welcome.*

*Coaches & Teachers are
encouraged to attend*

*All young people from secondary
school age upwards are welcome.*

*Places will be on a first come first
served basis.*

*All enquiries please contact Ryan
Montgomery on the details below*

ATHLETICS IRELAND

Contact Details

RDO - Ryan Montgomery

19 Northwood Court

Northwood Business Park

Santry

Phone: 087 263 1441

E-mail: ryan@athleticsireland.ie



Workshops will be help in the following areas by some of
Ireland's top coaches.

- Middle Distance
- Walks
- Throws
- Jumps
- Speed

Seminar

Nutrition for Athletes

