

Meet & Train and Get Fit4Life!

Would you like to get active in your local area in a fun and supportive setting? If so then this could be your opportunity!! Whether its walking, jogging or running that appeals to you, you can now 'meet & train' with a group that will ensure you to reach your goals. The Cork Sports Partnership, Athletics Ireland and the HSE South (health promotion department) have been involved in rolling out Meet & Train/Fit4Life groups for the last number of years. These groups have provided people with the support and confidence to run and walk on a regular basis with enjoyment a key goal of each meet.

If this is your first time participating in the marathon and you would like to continue your training, please see the current Fit4Life/Meet & Train groups available to join in the city and county. The Fit4Life groups are suitable for beginners through to regular runners. You will be under the guidance of a qualified Fit4Life leader. The training will feature group runs with each group composed of people with similar fitness levels.

Everyone is encouraged to take part in these groups, especially those who have no previous experience, as you can choose a pace suitable to your level of fitness, and you can increase your physical activity levels in a fun and supportive setting. The emphasis is on enjoyment and meeting new people while also improving your health and fitness levels. If there is no group in your area or you have any queries, please contact us on the details below and we will be happy to deal with your request.

For further information or if you have any queries please contact:

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www.getirelandactive.ie



Fit4Life/Meet & Train Groups in Cork

Venue	Day	Time	Start Date	Group
Ballincollig-SuperNova	Every Tuesday	7pm	Ongoing	Ballincollig/Cork IT AC (Eamon 087 7833067)
Cork IT Track	Every Tuesday/Thursday	8pm	Ongoing	Leevale AC (Liam Horgan 086 8297020)
Carrig na bhfear-Sacred Heart College	Every Tuesday/Thursday	7.45pm – 9pm	Ongoing	Anne Atkinson Carrig na bhfear Fit4Life (086-1025420)
Stuake, Donoughmore	Every Monday	7pm	Ongoing	Donoughmore AC fit4Life- Annette Golden 0863021050
Cork IT Track	Every Wednesday	5.30pm	Ongoing	St. Finbarrs AC (Marion Lyons 087 1229055)
Kelleher's Hardware Shop, Bandon, Co Cork.	Tuesdays	8pm	Ongoing	Finbarr Harrington (0879074390) Cora Kelly (0868110108) Bandon AC
Regional Park Ballincollig (Walkers Only)	Tuesday/Sunday Mornings	11am	Ongoing	Catherine Fennell (021 4826879- 9am – 5pm) Ballincollig AC cathannfenn@gmail.com
Douglas Village Shopping Centre (Tesco) Checkouts.	Every Monday	7pm	Ongoing	Eagle AC (John Quigley 087 6261178) (3,4,5,6 Mile Options)
Brigown Cemetery Gates, Mitchelstown.	Every Tuesday/ Friday	7.20pm	Ongoing	Galtee Runners, Mike Casey 0868342987 Lisa Brennock 0877943967 galteerunners26@gmail.com)
Charleville Town Park.	Mondays	7.30pm	Ongoing	North Cork AC (Michael Herlihy 086 3168954)
Bantry Bay Hotel	Mondays	6.45pm	Ongoing	Bantry AC (Hilary Rahr 087 9031256) www.bantryac.com/fit4life_3.html
Banteer Sports Field	Thursdays	7.30 pm	Ongoing	Duhallow AC (John Sexton 0863409744)
The Waterfront Buildings Clonakilty	Tues & Thurs	7.30pm	Ongoing	Clon Road Runners & Fit4Life clonroadrunners@gmail.com
Douglas Ballet Centre	Saturdays	10am	New	Saturday Run Club, Carrie Skinner 085 7665071 (Walk/Jog Options-beginners welcome)
Passage West Women's Meet&Train (meet at playground car park in passage)	Tuesdays	7.30pm	Ongoing (8week blocks)	Claire Hurley 021 4665083 churley@corksports.ie
Apres Run Togher AC (various venues around cork city)	Tuesdays	Varies	Ongoing	Peter at togherac@hotmail.com or Claire at clairecdunne@gmail.com