

Thinking of taking up running or jogging?



Comhairle Contae Fhine Gall
Fingal County Council



Come along to a ***“Running Workshop”***

With special guest speaker

Pat Ryan

Director of Development, Athletics Ireland &
experienced walking and running Coach

**in Clonliffe Harriers Clubhouse,
Morton Stadium, Santry
Wednesday 6th June at 7.30pm**

**Get some tips on running and prepare for the
Fingal 10k run series on Sunday 22nd July**

**Further information contact Bart Rogers 087 269 6577
bartrogers@athleticsireland.ie**

