

October 5K Trail League

Stroll - Walk - Jog - Run - Race

Set your own fitness goals and seek to improve them over 3 Sundays in October

Sunday 4th :National Trails Day supported by Coillte

Sunday 11th :Meet & Train supported by Athletics Ireland

Sunday 18th :Healthy Lifestyles supported by the HSE & Westmeath Sports Partnership



Location:

**Turgot Riverbank Walk,
Newcastle Wood.**

(near Ballymahon, off the Mullingar Road. Scenic flat Coillte Trail behind Newcastle House along the banks of the River Inny – see map)

Time : Starts each Sunday at 11-00 am.
Registration from 9-55 am until 10-25 am.

Cost : €20 for 3 weeks or €10 per event.

- Enjoy the new, safe off-road 2.5K loop for a fun fitness experience in scenic, natural environs.
- Awards and materials for all finishers each week... Bring a friend. All over 18's welcome, especially newcomers.
- This is a fun social event, no previous experience required, just turn up and take part.
- Best cumulative times awards for the top 5 Men and Women, and 1st Over 40, 45 and 50.

AAI Permit Granted. Coillte Assisted. HSE/WSP/ISC Funded.



For further details contact :

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