



## **Running & Walks Summer Series**

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The following is a list of traditional style road races and Walks to be organised by Ballyhoura Fáilte and local athletic clubs in the Ballyhoura region. The aim of the series is to promote physical activity and tourism in the area while at the same time it is hoped that the events will be positive social occasions for the local communities.

**All are welcome to participate whether Walking, Jogging or Running.**

- Fri. June 4<sup>th</sup> 8p.m. - Doneraile Park Trails 5km – Mallow A.C.**
- Fri. June 18<sup>th</sup> 8p.m. - Bilboa Ger Mullane Memorial 10k race – Bilboa A.C.**
- Fri. Aug. 6<sup>th</sup> 8p.m. - Mitchelstown GR8 Kilometres - Galtee Runners**
- Fri. Aug. 20<sup>th</sup> 8p.m. - Kiltteely Festival 5 mile race - Kiltteely CC & Bilboa A.C.**
- Fri. Sept. 3<sup>rd</sup> 8p.m. - Liscarroll Tom Fitzpatrick Memorial 10k- Liscarroll A.C.**

Anyone who completes 5 of the races will receive a high quality Mizuno t-shirt.

For further updates on the series go to; [www.ballyhouracountry.com/events](http://www.ballyhouracountry.com/events)

Or contact Michael Herlihy Ballyhoura Failte Outdoor Recreation Officer;

Email; [mherlihy@ballyhoura.org](mailto:mherlihy@ballyhoura.org) Phone; 086 3168954

Or on the Ballyhoura ACTIVE facebook page

Ballyhoura Fáilte Office, Main Street, Kilfinane, Co. Limerick

<https://sites.google.com/site/ballyhouraactivesummerseries/home>

# Join a club or go train with them;

**Mallow A.C. – [www.mallowac.ie](http://www.mallowac.ie)**

**Mitchelstown Galtee Runners**

Johnny O Sullivan 086 2759248

**Charleville Walk/Jog/Run Group**

Michael Herlihy 086 3168954

**Kilfinane A.C.**

Pat O Sullivan – 0877592963

**Liscarroll A.C.**

**<http://www.liscarrollathletics.org/>**

**Bilboa A.C.**

Rosemary Ryan 085-1414499

**Ballyhoura Bears Walking Club**

**[www.ballyhourabears.com/](http://www.ballyhourabears.com/)**

Or look up events on the following websites;

**[www.corkathletics.org](http://www.corkathletics.org) or <http://corkrunning.blogspot.com/>**

**<http://www.corksports.ie/> or [www.athleticsireland.ie](http://www.athleticsireland.ie)**

Limerick Sports Partnership **[www.clsp.ie](http://www.clsp.ie)**