

Friday June 4th - Olympian & 3 time World Champion

Sonia O Sullivan to attend;

Awbeg Valley A.C.

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Mallow A.C. Doneraile Park Trails 5km 6 - 8:30p.m.

& Sonia to speak @ Springfort Hall 9p.m.

In conjunction with local schools and;



**Ballyhoura
ACTIVE**

Running & Walks Summer Series

Sponsored by:

- Barry's Cash & Carry
- Londis Doneraile
- Springfort Hall Hotel

www.springfort-hall.com/

Trail Run/Walk for all ages

- 6:30- 7:15 p.m.- Entries@ Secondary School
- 7:30p.m. Doneraile Park Trails 5km and prize giving afterwards

- 9p.m. – Talk with Sonia @ Springfort Hall.

- €80 special B&B

€5 entrance charge

Directions @ www.springfort-hall.com



Contact Details:

Talk @ Springfort Hall

Confirm - briandstack@aol.com

- Doneraile Park Trails 5km

www.mallowac.ie or

www.ballyhouracountry.com/events