

Ashford AC






April 2013

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 Club members can compete in the road race. Reg. @ 6pm		3 County Road Race 7pm		Friday 5th— Final round of juvenile mini league 6.15pm The Murrough, Wicklow Town. €2 entry.	6 Track Training 5-6pm
7	 Training starts back on the school grounds this week!!!	9	10 	11		13 Track Training 5-6pm
14	15				18 	20 Track Training 5-6pm
21 Wexford Halfmarathon		23	24 	25 Table Quiz 8pm Ashford House 	26	27 Track Training 5-6pm
28	29	30	27 	Interested in coaching? Coach Training on 13th April in Shoreline, Greystones, from 10am-5pm. Contact Peter Savage for further details.		
Boys interested in Irish Dancing?? Contact Christine 0866096493				 The Coach		



Congratulations to all who took part in the Gaol Break 10k & Half marathon!!!!

St. Patrick's Day Parade



For insurance purposes anyone training with the club must be a member. Please contact a coach



Happy Days!!!

Easter Hamper
Thank You to all who supported the Easter Hamper.



Remember there's training on the track in Greystones every Saturday!!!!

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HAPPY BIRTHDAY TO US
We're turning 20 in 2013



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