












Ashford AC June 2013

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
A Club Photo will be taken on Wednesday 12th. Please remember to wear black or the club gear for the photo.						1 Track Training 5-6pm
2	3	4	5 	6 	Best of luck to all at the Community Games!!!	8 Track Training 5-6pm
9	10	11 	12 CLUB PHOTO	Remember to wear black for photo!!!	Marathon Relay 15th June	
18th June Track & Field Invitational, Greystones 6.30 - 9.00pm 		18 	19 	20	21	22 Track Training 5-6pm
23	24		26 Brittas Bay Training Session			29 Waterford Half Marathon



Marathon Relay
A marathon relay has been organised for 15th June starting at 10.00am in the GAA Grounds, Ashford. This fundraiser is a joint event with Ashford National School and we hope to raise funds as well as have a very enjoyable day for all.

County Track & Field Championships May 2013

Congratulations to all who competed in the track and field events in Greystones on May 11th & 12th. There was a fantastic atmosphere over the weekend and the club was well represented by both senior and juvenile members who brought back a haul of 50 medals. Check the website for details—too many champions to list here!!!



Summer Break

The club summer break is from 26th June until Saturday 13th July. Many thanks to all who have supported and helped the club over the past year. It was a hugely successful year and has seen the club go from strength to strength. Enjoy the break!!!

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



Happy Days!!!

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TRACK TRAINING
Saturdays 5-6pm!!!!



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HAPPY BIRTHDAY TO US
We're turning 20 in 2013



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