

Thurles Crokes Fit4Life's Fun Cross country Event a Great Success

Thurles Crokes Fit4Life group, jointly supported by North Tipperary Sports Partnership and Athletics Ireland are doing great work recruiting members to their Fit4Life meet n' train programme. Thurles have always enjoyed a strong tradition of middle distance running, and capitalizing on this by using their own facilities and the knowledge of the Fit4Life leaders in the club they came up with a novel idea last Sunday - to hold a fun 5K Cross Country event especially targeted at the beginner who had never run cross country before.

Thurles Crokes own training grounds which boasts a great smooth surfaced field with natural undulations and turns was the venue last Sunday morning for the Open Cross Country 5k Fun Run. Held in great underfoot conditions, the event took place in summer like conditions, and made cross country very appealing to those new to running. Great credit must go to the Thurles Crokes Club for having the venue in top class conditions and the 5k course was well marked out.

There was a great buzz around the venue on Sunday morning and with 46 athletes participating, the event was a great success, so much so that the organising committee hopes to hold another such event before Christmas and one after Christmas! Of the 46 entrants, 13 were participating in their first ever Cross Country event and there was a very positive reaction from all participants for more such events. It was great to see new participants from Moneygall, Rehealty, Nenagh, Templederry and Thurles to name just a few.

Newcomers are always welcome to join Thurles Crokes Fit4Life meet n train group, see local press for details or contact Madeline Loughnane in Thurles Crokes AC.

Jacqui

Jacqui (Stokes) Freyne

Director of Development

Athletics Ireland