



## **PRESS RELEASE FOR IMMEDIATE RELEASE**

# **Now that the snow has melted...Why not Meet & Train and Get Fit 4 Life!!**

Athletics Ireland and Kerry Local Sports Partnership in association with two local athletic clubs in Kerry - St. Brendan's Athletic Club Ardfert and Kenmare Athletic Club - are commencing two new 'Meet & Train' style initiatives in the Kerry area.

The Meet & Train groups will be part of Athletics Ireland's *Fit 4 Life* programme, which aims to develop fitness in a fun and sociable environment. No previous experience of jogging or running is required but you are also welcome to join if you are a regular runner. You can choose a pace to suit your own level of fitness. There will be people on hand to lead the group including a warm up and cool down.

The groups will begin week beginning January 25<sup>th</sup> and will meet every week thereafter. Registration for the St. Brendan's AC group will take place on Monday 25<sup>th</sup> January at Mounthawk Secondary School Tralee from 7.30pm-8pm. Registration for the Kenmare AC group will take place on Thursday 28<sup>th</sup> January at the Kenmare church carpark at 7.45 – 8:00pm.

The cost is €15 which covers insurance and includes a free goody bag courtesy of Athletics Ireland. It is essential to have a good pair of runners and warm light layers to wear as you warm up. Males and females are welcome and all must be over 16 years.

Both athletic clubs are delighted with the opportunity to give something back to the local community and the meet and train group gives local people a chance to mix and socialise in a healthy manner.

Cora Carrigg, CoOrdinator Kerry Local Sports Partnership said "This initiative is a fantastic way for individuals who are generally not involved in any form of physical activity, can become part of a group and get fit together. It is all about offering people in communities an opportunity to get active, meet other people and socialise. So just turn up on your own or even better bring a friend, relative or neighbour who you can train with in between group sessions"

Steven Macklin Regional Development Officer for Athletics Ireland said "I am delighted to be involved with these two new Meet and Train Fit4Life initiatives in Kerry, as it has been very successful to date in other clubs in the county. Fit4Life groups in An Riocht AC, Tralee Harriers AC and Gneeveguilla AC have really taken

off and it is great for people to have the opportunity to get fit in a fun environment with no pressure of competitions.”

If you would like to know more about the Meet & Train groups in the respective areas please contact Shane Delaney (St Brendan’s AC – Ardfert at [shndlly@yahoo.ie](mailto:shndlly@yahoo.ie) or 0857597305) and Conor Daly (Kenmare AC [conordalykenmare@hotmail.com](mailto:conordalykenmare@hotmail.com) or 0872670992). Further information on the Fit 4 Life Programme can be found at [www.athleticsireland.ie](http://www.athleticsireland.ie).