

# Carrick-on-Suir AC Road Runners Newsletter

January 2013  
Issue 1 2013

*Welcome to our first newsletter of 2013, and a happy new year to you all - we hope you achieve all of your running goals for this year ahead. This newsletter contains details of the club's planned activities in 2013 and we look forward to seeing you at as many of these events as possible.*

## Committee 2013

Chairman: Susan Collins  
086-2931430

Secretary: Catherine O'Donovan  
086-8774531

Treasurer: Tom Egan

P.R.O. :- Mark Connolly

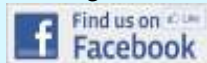
Web Officer: Tom Egan

Other  
Committee Members:  
Barry Torpey  
Alan Treacy  
Mags Power  
Brian Nugent  
James Fox  
Patrick Roche  
Sinead Dunne  
Jackie Dunne

Visit our website  
for club notes,  
updates & photos @  
[www.  
Carrickroadrunners.ie](http://www.Carrickroadrunners.ie)

## Facebook

We are on Facebook  
(search Carrick  
Roadrunners AC) .  
Please visit and click  
Like - it's a great  
place to keep updated  
and also to organise  
trainings runs, etc,



## Brief Review of 2012

2012 was a very successful year for the club with a number of highlights along the way including:

- Record turnouts at three of our four summer series events, and the continued generous sponsorship of our events (summer series, One Mile Challenge, and Winter League);
- A big improvement in the numbers attending the Fit4Life events which were held during the summer months;
- A big improvement in the numbers attending our Winter League which was ran over ten consecutive weeks from October 8<sup>th</sup> to December 11<sup>th</sup>. The overall results for each of the ten weeks (along with photos from our prizegiving night) can be seen on our website;
- A considerable number of successes by our runners in events which were held throughout the year (these can be seen on the Chairman's Report for 2012 which is on our website).

## Summer Series Dates for 2013

We have revised our summer series to make it a five race series in 2013 which sees the Tom Jordan five mile race in Portlaw now become part of our summer series and the development of a new race in Faugheen in April. The dates for these events are as follows:

- Race 1: Faugheen 5k race on Friday 26<sup>th</sup> April at 7.30 pm.
- Race 2: Tom Jordan 5 Mile Race in Portlaw on Friday 10<sup>th</sup> May at 7.30 pm.
- Race 3: Carrick 'Deadmans' 5 Mile Race on Friday 7<sup>th</sup> June at 7.30 pm.
- Race 4: Rathgormack 5 Mile Race on Friday 12<sup>th</sup> July at 7.30 pm.
- Race 5: Piltown 10k Race on Friday 2<sup>nd</sup> August at 7.30 pm.

We are grateful to our loyal sponsors The Carraig Hotel, Autopower, and Morris Oil for their continued sponsorship of the Carrick, Rathgormack and Piltown races, and also wish to thank Dermot O'Neill for his sponsorship of the Portlaw race.

## Membership due

All 2013 memberships are now due and we would ask all members to drop their membership form (available on Club Website) and fee (€30) to Catherine O'Donovan or Outfield Sports. Remember, by becoming a member you are insured at all Club events, eligible for Team Prizes at any AAI Event and you are helping promote running in your local area. Members also receive a 10% discount from Outfield Sports.

## Country Road Races

The Tipperary County Roadraces are now underway for 2012. Remaining Dates:-

**Novice Road Championship:-** Clonmel, Sun February 17<sup>th</sup> @ 12 noon.

**Intermediate:-** Two Mile Borris, Sun 3<sup>rd</sup> March @ 12 noon

**Masters :-** Coolquill, Sun April 7<sup>th</sup> @ 12 noon.

**Novice B :-** Moyne, Sun 21<sup>st</sup> April @ 12 noon.

**Senior:-** Sunday 19<sup>th</sup> May @ 12 noon, Venue tbc

We encourage all Club Runners to go and represent your Club at these races (any don't forget your Club Singlet)

## Fit4Life

The clubs most important driver for Membership, fit4life, starts on Tuesday January 8<sup>th</sup> @ 7 pm. Fit4life is a weekly meet and train session, whose aim is to turn walkers into joggers, joggers into runners and improve runners. It has been very successful in recent years and this year, the approach being taken is to have a number of sessions in January aided by running coach James Sullivan. Fit4Life will continue throughout the year with regular updates on our website and the venue will change when the evenings get brighter in March/April. As in previous years, fit4life is free, but we do require all runners to join the club (Annual Membership €30) so they are covered under the Club's Insurance.