

St Comgall's Fundraising Group

Are organising a

5K & 10K Run



at

Antrim Castle Gardens

10 February 2018

Start Time: 11:00am

As part of the fun run we are offering a type of C25k training programme for absolute beginners to take part in. With the timing the training has to start Thursday 28th December and will finish exactly on the 10th February with all participants running the 5k together.

Training will be every Thursday evening at 7pm and every Saturday morning at 9am/10am.

If you want to join, please contact Kiera Maguire on 07833209084.

