

Bandon Athletic Club

What's Happening

- 1 Cross Country Success
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- 4 Christmas Fundraiser
- 5 Fixtures



The wait!!

*We ask parents of the
7-8 session to
accompany their
children into & out of
the Complex on
Monday and
Wednesday nights*

Cross Country Success

Well done to all our club members who competed at the County Juvenile Cross Country championships in Conna on the 3rd and Carrignavar on the 10th October.

There were some spectacular performances from our young athletes, please look at the pro report on the club website www.bandonac.org to fully appreciate just how well these young people competed, especially given that some ran out of age.

Congratulations to all who won individual medals, and also to all the teams who competed so well.

Also taking place at the same venue were the County Novice, U23 and Masters Cross Country Championships, and again superb performances were achieved.

Best wishes to all club members competing over the next few weeks.

Training Times

Training times are as follows,

7pm – 8pm for 7 to 12 yr olds. **Please do not drop children before 7pm, as there are no coaches present.** Also we ask that no child enters the hall until a coach arrives.

8pm – 9pm for u13 & over.

Because of insurance implications we regret that we CANNOT accept any child into the hall unless they are fully paid up, registered members of the club.

Please note that because of large numbers attending the earlier training session, we cannot guarantee that the 10 plus yr olds will be training in the hall on wet nights. So please bring a spare set of clothes, there are changing facilities available in the complex.

Thank You

The coaches want to say thank you to the parents who stay and help with the training sessions. It means the coaches can concentrate on coaching, without having to supervise the children waiting. It also means that we have the manpower to bring the children to and from the wonderful outdoor facilities available to us.

Musicals & Movie Songs Theme Night

An opportunity to indulge your other talents is being provided by Sharon and Teresa.

*Christmas Fundraiser
for
Bandon Athletic Club*

They are looking for our young and the not so young members and their friends to attend auditions on

Saturday 16th October (12-3)

Saturday 19th October (4-6)

Saturday 23rd October (12-3)

In The Deerpark Family Centre

For more information contact

Sharon 085 7325281

Teresa 087 7865868

We are looking for young carol singers, dancers and cast members to perform well known scores.

Upcoming Fixtures

*Visit the new club website
for all upcoming events,
programs, photographs
and news.*

www.bandonac.org

Sun 17th Oct Munster Novice, U23 and Even Age Cross country
Carrigadrochid, Macroom, Co Cork.

Sun 24 Oct - Parents Assoc. of Gaelscoil Dhroichead na Banndon
10k Road Race

Sun 7 Nov Munster Intermediate and Uneven Age Cross country
Limerick

Sun 14 Nov - County Juvenile B and Intermediate Cross Country
Carrignavar

Sun 21 Nov - Munster Masters and Juvenile B Cross Country
Waterford

Sun 28 Nov - Woodie's DIY AAI Inter County Cross Country
& Juvenile Even Ages
Grensha Grounds (Oakgrove College) Derry

Sun 19 Dec - Woodie's DIY AAI Novice Cross Country &
Juvenile Uneven ages
Tullamore Co Offaly

Sun 2 Jan - Bandon 5 Mile Road Race

*There is a €1 charge per
night, per child to cover
the cost of the facilities.*

Max €2 per family
