

# Bandon Athletic Club

## Cross Country Success

Well done to all the athletes who competed in the Munster Masters and Combined Events in Nenagh on Sunday.

To all the athletes who competed in the All Ireland Cross Country in Derry on the 28<sup>th</sup> November, Munster B's in Dungarven and the County B's in Carrig Na Bfearr, well done to all of you. The conditions for some of those races was less than favourable, but you did your club and county proud.

Good luck to all the athletes travelling to Tullamore on Sunday for the uneven ages cross country.

### What's Happening

- 1 Cross Country Success
- 2 Fundraising Concert
- 3 Carol Singing
- 4 Training Times
- 5 Road Race

## Bandon Athletic Club Fundraising Concert

Coaches Sharon and Teresa have organised a

### Concert

**19th of December**

**Great Christmas family night**

**20:00 - 23:00**

**Town hall Bandon**

**Family Ticket €10.00**

Guest band: President for a day

Also there are Break dancers, Disco dancers, carol singers, individual singers and instrumental.

Please support!!

### Carol Singing

**All** members of Bandon Athletic Club are asked to support a Carol Singing Fundraiser for

The Cottage Hospital

&

St Michaels Centre

On 23<sup>rd</sup> Dec, 1.30 pm outside Credit Union

Please ensure u13 have an adult with them!!




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

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## Training Times

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*Christmas Holidays!!*

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The last training session for 2010 will be on  
Monday 22nd December.  
There will a special person in attendance on the  
night.

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We will resume training on  
Monday 10<sup>th</sup> January 2011

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There will be a membership night on  
Monday 17<sup>th</sup> January 2011

## Annual Road Race

Bandon 5 Mile  
Donough Coughlan Memorial Road Race  
**Race Starts 1:00 pm**

*Registration in GAA Pavillion  
€10 Entry Fee*

*Refreshments in GAA Pavillion after  
Also Non-competitive Charity Walk  
€5*

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*Road Race/Walk  
2<sup>nd</sup> January 2010*

*Stewards/Helpers  
Needed*

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*More info [www.bandonac.org](http://www.bandonac.org)  
087 9074390*

*Anyone available to help out at this event?  
Please contact Catherine  
0862399665*

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

*Max €2 per family*

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