



**Blackrock Athletic Club**  
**Senior/Master Men, Women & Fit4life**  
**Training Times**

E: [blackrockac@gmail.com](mailto:blackrockac@gmail.com)  
W: [www.blackrockac.ie](http://www.blackrockac.ie)

Updated January 2015

**Senior/Master Men, Women & Fit4Life Training Times:**

Day/ Time	Venue	Type of Training	Contact
Tue/ 6:30pm	Belfield	6km to 10km Run	Michelle Tracey (087.920.4568) Marie Therese McCoy (085.143.0560)
Tue/ 7:00pm	Carysfort Park	5 Groups/Runs 3km to 10km+	Gerry Flaherty, Senior Men & Fit4Life Coach ( <a href="mailto:bacfit4life@gmail.com">bacfit4life@gmail.com</a> or 087.233.1346)
Thur/ 7:00pm	Carysfort Park	5 Groups/Runs 3km to 10km+	Gerry Flaherty, Senior Men & Fit4Life Coach ( <a href="mailto:bacfit4life@gmail.com">bacfit4life@gmail.com</a> or 087.233.1346)
Sat/ 8:00am	Carysfort Park	10km+ (starts earlier depend on length of run & time of year)	Michelle Tracey (087.920.4568)
Sat/ 10:00am	Carysfort & Local Parks (* )	Fartlek, Interval, Easy Running (All Levels)	Patricia Craddock-Smith ( <a href="mailto:craddocksmith@eircom.net">craddocksmith@eircom.net</a> or 01.284.0446)
Sun/ 10:30am	Carysfort Park	Runs 3km+ incl. long runs 10km+	Gerry Flaherty, Senior Men & Fit4Life Coach ( <a href="mailto:bacfit4life@gmail.com">bacfit4life@gmail.com</a> or 087.233.1346)
(* )	Saturday's 10am sessions are for Senior & Master Women (all levels) All other sessions are open to Adult Men & Women (all levels)		

Adult Membership Forms available from [blackrockac@gmail.com](mailto:blackrockac@gmail.com) - more training information available by contacting the following coaches:

**Gerry Flaherty**

Senior/Masters Men's & Fit4Life Coach

E: [bacfit4life@gmail.com](mailto:bacfit4life@gmail.com)

M: 087.233.1346

**Patricia Craddock-Smith**

Senior/Masters Women's Coach

E: [craddocksmith@eircom.net](mailto:craddocksmith@eircom.net)

T: 01-284.0446

Alternatively just come along to one of our training sessions to try it out. Best to confirm training time and location - contact details for each typical session outlined above.

**Blackrock A.C. – Running Since 1944**

**Blackrock Athletic Club**

Clubhouse in Carysfort Park, Blackrock, Co. Dublin

Postal Address: 1 Cloister Grove, Blackrock, Co. Dublin

E: [blackrockac@gmail.com](mailto:blackrockac@gmail.com)

W: [www.blackrockac.ie](http://www.blackrockac.ie)