

DUBLIN FRONT RUNNERS A.C.

ISSUE 10 | APRIL 2008

Hi folks, hard to believe we're into April already.

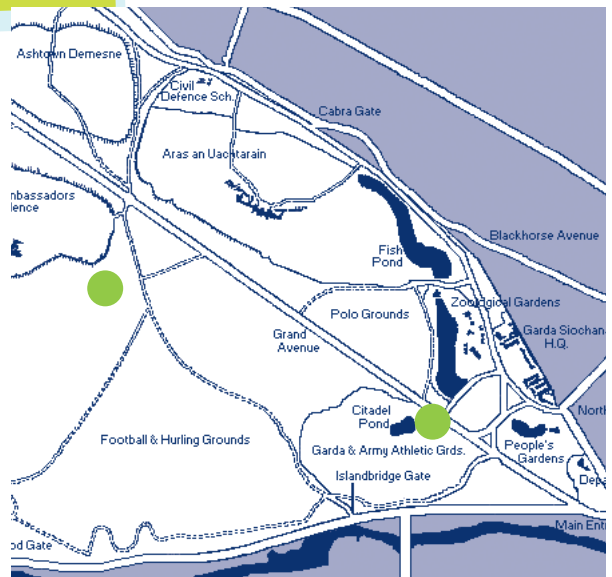
The days are getting longer so those of you in hibernation can get the runners on again! Hopefully this year we'll see the continued growth and success of the club. Lots of info in this newsletter - so keep on reading, to get details of our plans for the coming year.

Mark

WEDNESDAY NIGHT CHANGES

From April on, the meeting place for the 7.30pm Wednesday run will move to the **cricket ground car park** in the Phoenix Park. This is due to the prohibition of parking along Chesterfield Avenue and also opposite the Popes Cross Car park. The Cricket Ground car park is located opposite the Zoo (just up from the dog pond car park).

The 10am Saturday run we will continue to meet in the Pope's Cross car park throughout the summer.



OUR GIRL DOWN UNDER



I think most of you will recognise 'your wan' here! Jane took part in the Asia Pacific Outgames in Melbourne recently and won a medal in her category. She was also cheered on across the line by Peter Soukalopodis, who you might remember ran with us last year before moving back to Australia.

Good to know the little network of Dublin Frontrunners is thriving in the far corners of the globe. Jane says hi to everyone and naturally misses all the Dublin crew. She's pictured here on her recruitment drive for the DFR – well done Jane xx

COMMENTS, QUERIES, SUGGESTIONS? Email dublinfrontrunners@eircom.net

DFR CLUB NOTES

It's been a busy year for the FR's so far – we had our committee election in February, which saw the re-election of all of the existing committee plus the welcome addition of Dee Ryan to the team.

The committee are tasked with the 'running' of the club and will be meeting regularly throughout the year to discuss any issues facing the club and to plan and manage the growth and development of the running club. Below are some of the plans we have for this year. If there is anything else you think we should consider please mention it to any committee member or email Mark.

- Continued growth in membership with an increased focus on female members
- Development of a DFR Website
- Running Calendar
- Pride Run



To help achieve some of the plans this year, we held our club fundraiser on the St Valentine's night in Panti Bar. This was an even greater success than last year, raising over €2,200 for the club. Our thanks again to all the volunteers on the night and to Ross Golden-Bannon, our Master of Ceremonies for the evening.

DUBLIN PRIDE RUN | JUNE 2008



We hope to host a Fronrunners Pride Run this year, which will take the form of a Team Relay similar to last year's. The date of the run has to be agreed with the Pride Committee, but we hope you can encourage all your friends, family and colleagues to come along and take part.

More details to follow on this, as too for the Pride Parade on the 21st June where last year we were winners of the 'Spirit of Pride' Award - it'll take some imagination to hang onto our crown!

FROM CONNEMARA TO PARIS, BACK TO DUBLIN

April 6th was a busy day it seems for many of us – in Dublin the Great Ireland 10k Run in the Phoenix park took place. Meanwhile while in the Wild West, the Connemara Marathon and Half marathon took place. Congratulations to Tom McElligot for completing the full marathon and the rest of the Frontrunners who tackled the half marathon in the sleet and hail.



Further afield, in the Paris we had a record number of 14 Frontrunners travelling for the marathon there – congratulations to all the participants and especially to our virgins, Marathon Virgins that is, John Keane, Paul McElroy and Gabriele on completing their first marathon!



DFR RUNNING CALENDAR - CLICK HERE:

[HTTP://WWW.GOOGLE.COM/CALENDAR/RENDER?TAB=MC](http://www.google.com/calendar/render?tab=mc)

There are plenty of other runs planned for the coming months, most of which are detailed in the calendar on the above link.

Some that require a little planning:

- 4th May** The Bay Run, in West Cork.
- 2nd June** Cork City Marathon & Relay
- 5th July** Achill Half Marathon

Be warned – accommodation in Achill hard to get, even at this stage. Those that replied to Mark's email earlier in the year about Achill, are included in a group booking, but verify with Mark if you're not sure.

As always, we try to encourage and support

those planning to run our home marathon in Dublin, so please let us know if you're taking part, especially if Dublin will be your first ever marathon.



The Berlin marathon takes place on the 28th September and already some of the Dublin Frontrunners have signed up, so maybe this is one to consider too?

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DFR NIGHT OUT | SATURDAY 17TH MAY

We have a lot of new members who have yet to experience the delight of a Frontrunners social night out! Mark your diaries now for Saturday 17th May.

Dinner and drinks in town – venue TBC but will obviously depend on numbers, so RSVP to dublinfrontrunners@eircom.net before 30th April.



GET THE TSHIRT



We have a limited supply of DFR T-Shirts, so get one fast!

Cotton T's: €15,

Asics Vest: €25,

Asics T: €30

DFR COMMITTEE 08

Mark Rooney (Chairperson)

Martin Flattery (Secretary)

Maruis McNicholas (Treasurer)

Aiden Creavin

Brian Young

Hugh Hannigan

Ross Golden-Bannon

Dee Ryan (Womens Liason Officer)



AND FINALLY...

Have you completed a registration form ? Have you paid your dues of €20? From the 1st April, only paid up members can officially run with the club. It's a requirement of the Athletics Association of Ireland, so please get yours in now! Fees can be paid online to Dublin Frontrunners, Bank Of Ireland account 65153227, sort code 90-14-90. Cheques payable to Dublin Frontrunners. Cash to the Marius, Club Treasurer or Mark.

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