

Ireland's Fittest Person

Hi

I wonder would everyone be so good as to promote Irelands Fittest Person. It is an initiative being run by St Senans AC for the benefit of 5 charities: Cancer Society, Barratstown, Jack and Jill, Alone and Feed the Heroes.

The intention is to find the fittest person in Ireland - and with lockdown some of us have more of an opportunity than normal to get fit.

The whole concept is pretty easy.

- Log onto https://www.myrunresults.com/.../irelands_fittes.../3919/details
- Register.
- Down load the following apps

Android <https://play.google.com/store/apps/details...>
ios <https://apps.apple.com/us/app/bleep-test-lite/id428100189>

- Follow the instructions to do the bleep test on the registration page

Then each week you have the opportunity to improve your results and log them - all of the price of one registration fee up front. Cheap, easy, competitive fun designed to make this lockdown work for you and your family.

Please share our facebook page to your club page if you could please. And may share the post on your personal pages too.

Much appreciated

Perri Williams
Chairperson St Senans AC