

# Emerald A.C.

Catchment Area	Training Venue	Day	Time	Contact	Phone No
Castletroy	University of Limerick	Tuesday T & F	19:30	Brendan Russell	879370734
Castleconnel	Middle Distance	Wednesday	18:30		
Kilmurry	Indoor Track Winter	Friday	20:00		
Childers Rd.	Outdoor Summer	Friday	20:00		
		Sundays	11:00am		

**Other Contact Details** are available on the Club Website

Email Address