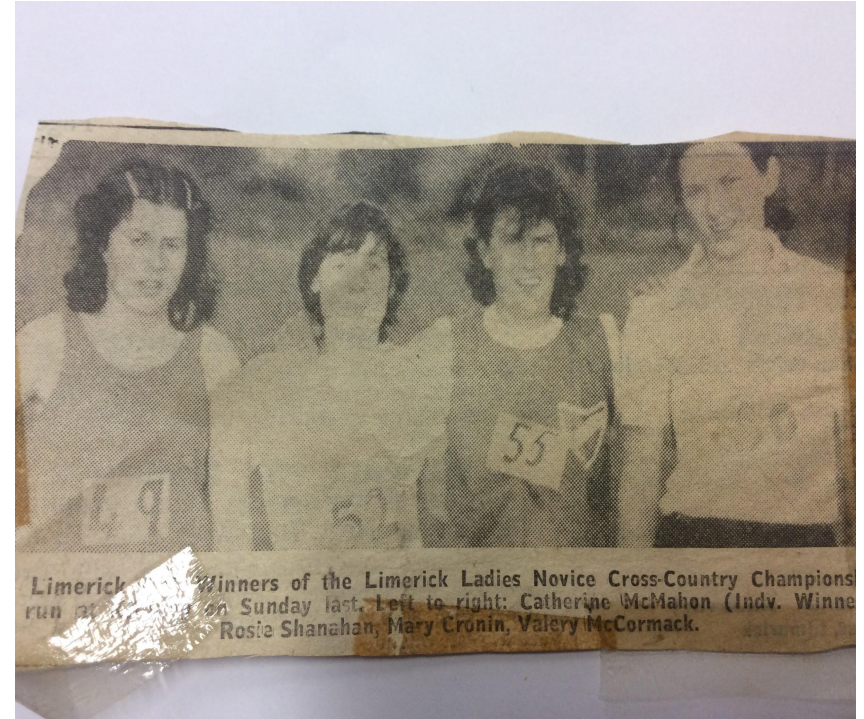


The beginning of women
running in Limerick

LAC as a local club

- Lac competed in road races around the country
- LAC also competed in cross country at national due to the BLE
- The women's section was formed in the 1960s



Ladies Running Gear

- Ladies wore a white shirt
- And baggy shorts
- And shoes called plimsoles



Athletics at master level

- Master level is over 35 for women
- Master level is over 40 for men
- Irish athletes have won international competitions at that level



Mary Cronin

- Mary is still competing at 5 mile and 10k road races
- Mary is chairperson of the older people's council of Ireland and is also a member of the opc with limerick city and county council



Hopes for the future

- With park running taking off at local and national level it is hoped that we will see men and women of all ages partaking in this healthy lifestyle

