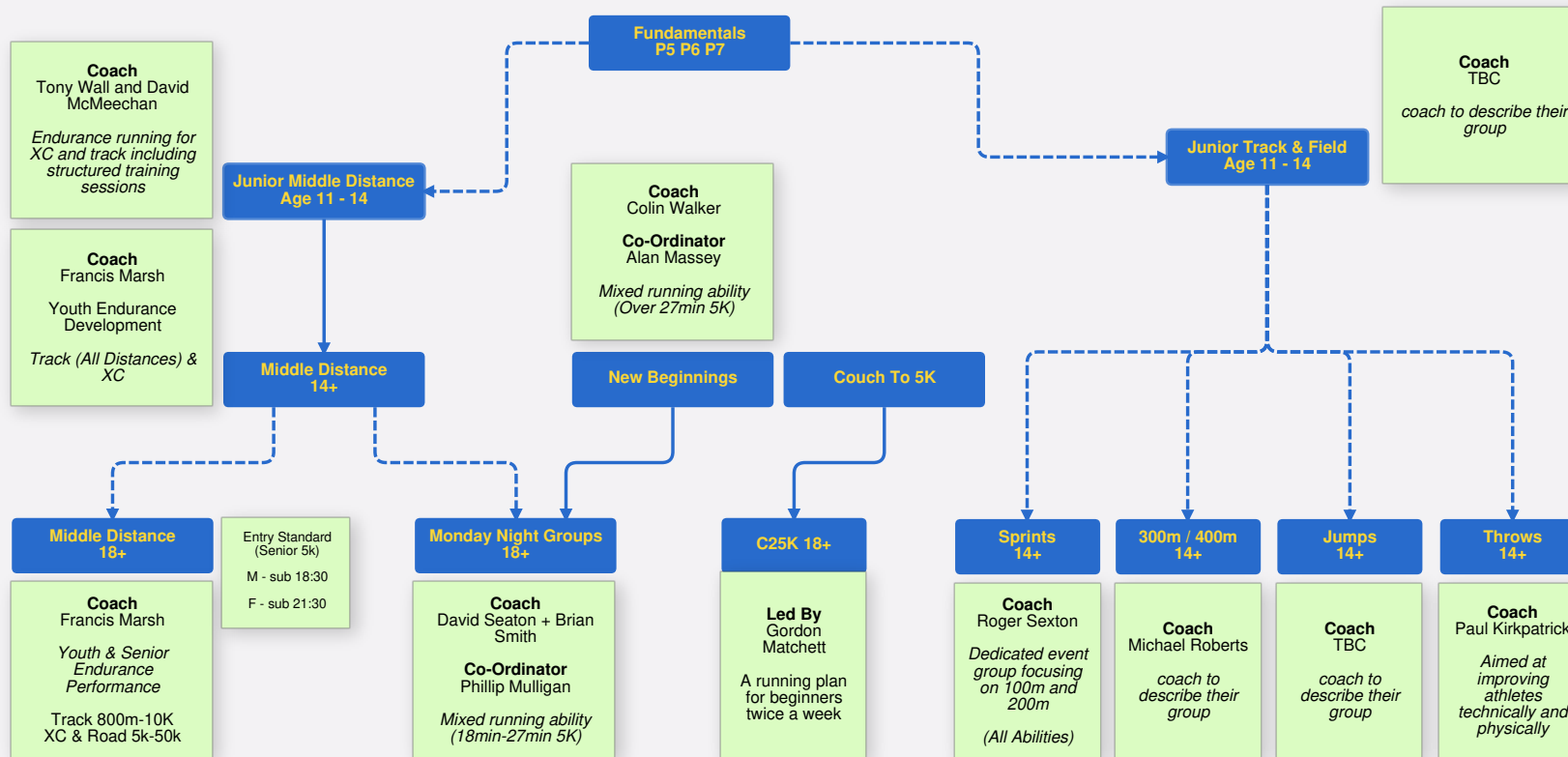


Training Flow - Flowchart

North Down AC - Training Flow



Athletics Northern Ireland

Management Board
Officers & Committees
Staff

- International Track and Field
- Cross Country
- Road
- Home Country Internationals
- Celtic Internationals
- Inter-Area
- Mountain Running
- Ultra Running
- Masters Athletics