



# HammerFest 2011

Ballymena & Antrim Athletic Club are proud to host HammerFest 2011 at Antrim Forum athletics track.

Whether you are an experienced thrower or want to try for the first time come along and see what its like to throw the hammer this is the event for you.

Where: Antrim Forum athletics track  
When: Thursday 28<sup>th</sup> April 2011  
Time: 18:30hr  
Ages: P5 & up, including seniors  
Cost: £1.00 only

**No pre-registration required, just turn up and throw**  
**Certificates for all competitors**  
**Novice throwers starting 18:30hr**  
**Experienced throwers immediately after novices**  
**Coaching available for 1st time throwers (ages 7-70)**  
**For further info contact: [info@baacni.co.uk](mailto:info@baacni.co.uk)**



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