

St. Abbans A.C. – LADDER RUN

(Perimeter Lap = 1,350 mts. Approx.)

Official Opening 10th September '10 – Blessing by Fr. Murphy

Tape was cut by:- Anthony Pender (*Track Developer*), John Burke (*Land Owner*) and Eamonn Kelly (*Club Chairman*)

Ladder Run will take place for:

CLUB ATHLETES - the 1st Tuesday of the even months i.e. December, February

FIT4LIFE GROUP - the 1st Wednesday of the uneven months i.e. January, March

Ladder will run from top to bottom – 1st night had 88 rungs

Rung	Name	Time	Rung	Name	Time
88	Sean O'Sullivan	14.00	44	Ruby Millet	6.08
87	John Territt	11.50	44	Cara Maher	6.08
86	Angela Mulhall	11.20	44	Jacinta O'Sullivan	6.08
86	Ann Marie Holohan	11.20	41	Dinny Whelan	6.07
86	Dora Fennell	11.20	40	Clare Walsh	6.04
83	Fionn O'Sullivan	10.54	39	Aisling Leonard	5.58
82	Evan English	10.48	39	Molly Carbery	5.58
81	Kathleen Butler	10.42	37	Hannah Carbery	5.57
80	Brenda Butler	10.37	36	Marie Murray	5.56
79	Helen Fanning	10.32	35	Siobhan Nash	5.49
79	Marie Comerford	10.32	34	Tom Buggy	5.47
79	Sheila McCarthy	10.32	33	Ann Nicholl/Waugh	5.45
76	Brendan Reilly	10.17	32	Conor Mulhall	5.44
75	John O'Rourke	9.48	31	Craig Coffey	5.43
74	Noeleen Condron	8.47	30	Luke Attridge	5.37
73	Margaret Nash	8.45	29	Liam Delaney	5.25
72	Colette Brennan R/M	8.44	28	Nicky Maher	5.24
71	Alannah O'Rourke	8.39	28	Mr. Lacey	5.24
70	Matthew Dragoi	8.26	26	Roisin Lacey	5.23
69	Aidan Monaghan	8.07	25	Fionn Maher	5.22
68	Dymphna Maher	8.03	24	Sinead O'Gorman	5.17
67	Niall Egan	7.49	24	Nessa Millet	5.17
66	Ciara Harrington	7.40	22	Cian Kelly	5.16
66	Marie Behan	7.40	21	P. J. Doyle	5.12
64	Carmel Hughes	7.22	20	Alan Davis	5.09
63	Seoighe English	7.20	19	Claire Phelan	5.02
62	Orla Kelly	7.10	18	Mark Wogan	4.58
61	Nicole Dowling	7.03	17	Teresa Agar	4.57
60	Niamh Moore	7.00	16	Eoghan Buggy	4.54
59	Sharon Kelly	6.56	15	Bernard Graham	4.53
58	Marie O'Gorman	6.55	14	Christopher Buggy	4.51
57	Maura Fleming	6.39	14	David Buggy	4.51
56	Catriona Baldwin	6.33	12	Francis Fleming Snr	4.50
56	Lucy Carbery	6.33	11	Joseph Barry	4.49
54	Mairead Moore	6.22	11	James Delaney	4.49
53	Pauline Doyle	6.21	09	Conor Daly	4.43
52	Lisa Gorman	6.20	09	Ailish Brennan	4.43
52	Margaret Davis	6.20	07	Mark Murray	4.38
50	Laura Graham	6.18	06	Eddie Walsh	4.36
50	Colin Dragoi	6.18	05	James Moore	4.27
48	Katie Brennan	6.16	04	Paul Byrne	4.23
47	Orla Davis	6.15	03	Stephen Lawlor	4.04
46	Martin Buggy	6.11	03	Brian Kelly	4.04
46	Saragh Buggy	6.11	03	Stephen Attridge	4.04

Who will be the 1st male to break 4 min lap and the 1st female to break 4.30 Min lap?

St. Abbans A.C. – LADDER RUN

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Fit4life Ladder Run Wednesday 3rd November 2010

Ladder Run will take place for:

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FIT4LIFE GROUP - the 1st Wednesday of the uneven months i.e. January, March

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Name	Time	Previous	Imp.
Mary Whelan	8.01	None	
Mary Price	7.52	None	
Caroline Dobbyn	7.52	None	
Claire Hogg	7.06	None	
Philomena Haughney	6.35	None	
Maura Fleming	6.29	6.39	10 secs.
Lisa Gorman	6.23	6.20	
Margaret Davis	6.23	6.20	
Clare Walsh	6.15	6.04	
Tony Brennan	5.40	None	
Mary Clare Kelly	5.38	None	
John Brennan	5.37	None	
Mary Wogan	4.59	4.58	

A total of 9 new comers – see what RUNG you are on with Mary's results. So with 9 new rungs now we have 97 rungs – Plenty of room for more – Let's put a few more extensions into it.

From the 4 that already had a rung only Maura showed an improvement – well done 10 seconds off her previous best!

Next LADDER RUN is for club athletes on the 7th December 2010 at 7.45pm

Christmas Cracker Handicap Run

Distance over 3000 Mtrs

On: Tuesday 14th December for club athletes

and

On: Wednesday 15th December for Fit4Life

Start time: 7.45pm both nights