

10<sup>th</sup> January '18

### **Leinster Star Awards Winner**

Ruby Millet & Matthew Rossiter received their awards for their outstanding performances in 2017 at a presentation in the Tullamore Hotel.

### **Club Table Quiz**

Courtesy of Marie and John Behan our annual table quiz will be held Wednesday 17th January 2018 in Behan's. Teams of 4 and your support would be much appreciated.

### **Civic Reception**

Laois county council are hosting a Civic Reception in Honour of the St Abbans Ladies Team who won the Premier Title in 2017 and now go on to represent the club in the Europeans Next May

### **Couch to 5k/FIT for Life**

St Abban's will continue to run the couch to 5k program every Monday and Wednesday night 7.30pm to 8.30pm over the winter at St. Abban's sports complex. Cost will be just € 2 per session, contact Bernard, Michael or Gavin for more information.

### **Comer Welly Race**

Breda Mulcahy and Sharon Buggy kept the club flag flying in the Comer Welly Race on New Year's Day.

The 5k which attracted a huge entry was over their familiar testing Kiltown circuit where all competitors tested their stamina in 'the wellies'.

Breda competed in the lady's premier section where she filled 3<sup>rd</sup> place while Sharon was an impressive 2<sup>nd</sup> in the Ladies Senior Race.

### **Membership 2018**

AAI and Club membership for 2018 is now due. Open night for registration next Friday 19<sup>th</sup> Jan 2018. Fees can now be paid online from the following link:

<https://www.itsplainsailing.com/club/saa>.