

22nd Mar'18

Streets of Portlaoise 5k.

Big numbers took to the streets of Portlaoise on St. Patrick's day for Portlaoise AC's annual 5k road race. The kid's races kicked the day off followed by the senior events, in which we had 12 runners among the 600 event runners.

St Abbans runners to compete were Jack Fenlon. TJ Burke(5TH U20), , Colm Burke(1ST O50), Conor Barry, Colm Mc Evoy (3rd mens team)

Caitlin Mc Donald(3rd U20) Mairead Moore(5th O45) Ann Nichol(5TH Ladies Team) ,Pauline Doyle, Carmel Hughes and Noleen Condrón and Mary Whelan.

St. Abban's Open sport's

The 22nd Annuals St. Abban's AC open Sports will take place Monday 7th of May, starting at 12.30pm. Please save the date, track and field events for under 8's upwards.

Also, this year's 45th student games will take on the 22nd of April, all local schools are welcome to take part. Any school requiring assistance in the lead up to games contact Catriona Mc Donald. Starts at 1.30pm

Another date for the diary, the first stage of the 2018 St. Abban's Fit4Life Summer League takes place on Wednesday 9th May in Luggacurren.

Schools quiz

The club's 33rd National schools table quiz, kindly sponsored by Dineen Refractories, was well supported as usual with 32 teams representing 11 schools taking part. Ballylinan came out on top with 60 points. To take the Fr. Kennedy Cup, with The Ballyadams Saints in 2nd place and Mayo in 3rd place. Thanks to Killeen Hall committee for the use of facilities and to all those that assisted Pat Whelan and the team in promoting the event.

Graigecullen 5k

13 st abbans and fit4life athletes took part in the 5km race . TJBurke- 1st u16- 18.57 Colette English- 1st Female - 20.09
Orla Davis - 1st u18 - 22.36 Pauline Doyle - 1st O-50 - 26.27
Noeleen Condrónlaolao - 1st O60 - 32.41

Others are Sharon Buggy, Cathy Lawlor, Sinead Milton, Helen Seery, Carmel Hughes, Mary Whelan, Nicola Whelan and Anna McDonald.

4 St. Abbans athletes took part in the 10km. Colin Coyne 2nd and 1st male O40 in 34.46. Seamus Brennan in 43.06 and Adrienne Kelly and Michael McDonald both clocking 55.0

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.