

24^h January' 18

The Heath 10k&5k

Well done Stephen Hunter, 1st man home in the Heath 10k today in Portlaoise (34:40). Great run by Jack Fenlon too, 7th in the 5k overall and 1st Junior, in a time of 21:23.

Kilkenny County Open Juvenile Sports

Well done to Lee Murray (3rd u14), Adam Buggy (4th u14) & Kalem Buggy (2nd U10), who represented the club today in Kilmacow Open XC in Kilkenny.

Laois Road Championships

On Sunday 4th February St Abban's are hosting the Laois County Novice road race. There is also a programme for boys and girls further details to follow.

Club Table Quiz

Courtesy of Marie and John Behan our annual table quiz will be held Wednesday 31st January 2018 in Behan's. Teams of 4 and your support would be much appreciated.

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.

Membership 2018

AAI and Club membership for 2018 is now due. Open night for registration next Friday 19th Jan 2018. Fees can now be paid online from the following link:
sh<https://www.itsplainsailing.com/club/saa>.