

# St Abban's Athletic Club News

1<sup>st</sup> July 2015

## **60th Anniversary Celebration**

St Abban's AC marked their 60th anniversary on Sunday last at the club grounds in Monavea with a demonstration of athletic events. Starting in the clubhouse early on in the day past and present members, as well as supporters and the local community joined for a cup of tea to catch up and peruse the many photos from past events that were on display in the clubhouse.

Moving on out into the glorious sunshine the athletic demonstrations commenced with the throw events showing the shot putt, 56lb, the hammer and discus. It was then onto the younger members of the club where they went through some of their training routines as well as demonstrating on throwing the turbo javelin. It was then back to the older age group where they demonstrated the pole vault, the long jump and the triple jump, the high jump, the hurdles, the javelin, sprints, long distance and the walk.

When the demonstration of athletic events was finished at the track everyone made their way into the clubhouse to finish off a great day with a BBQ. Thank you to everyone who came to join us on the day and celebrated with us on our 60<sup>th</sup> anniversary and for supporting the club over the years, it's very much appreciated.

## **Activity Camp**

The 14th Annual Activity Camp will take place at the club grounds from the 4th – 7th August. Registration forms are available in St Abban's clubhouse or can be downloaded from the St Abban's website.

## **Round 5 of the JF Sports League heads to Moneenroe**

Round 5 of the JFSports Fit4Life Summer League gets underway at 7.30pm in Moneenroe this Wednesday evening 8<sup>th</sup> July over 4km. Registration takes place in Moneenroe hall from 6.30pm. Lots of spot prizes on the night! All runners, walkers and joggers are welcome.

## **Church Gate Collection**

Just a reminder that the club church gate collections will be held at all local churches over the next couple of weeks. Your support would be very much appreciated. Anyone interested in helping out please inform Breda Daly at the clubhouse on either Tuesday or Friday evenings.

## **Best of Luck**

Best of luck to all those competing in the National Junior and U23 Track and Field championships in Tullamore on Sunday next.