

# St Abban's Athletic Club News

1<sup>st</sup> Sept.'15

## Fantastic Turnout

The revival of the parish 10K run as part of the club's 60<sup>th</sup> celebration proved to be an inspired decision with great support especially the turnout of the locals. We had prams, go cars, runners, walkers, joggers etc. covering the 10K on a rather warm day, while several others saw fit to bring a friend and spread the load by taking the relay option. Added to this we had 44 in the U.12 category some supported by parents to cover 1K as far as the school turn around and back with those U.16 covering 2K. It was great to see a number of the older gang out for the day, with two former stars (Daphne Hancock and Michael Doyle) leading home the walkers.

The refreshments and spot prizes given out in the clubhouse were 2<sup>nd</sup> to none and went down a treat. Brian Kirwan was 1<sup>st</sup> home in the men followed by Colm Burke with former individual winner Ollie Jones making the presentation. Colette English was the top lady with Breda Mulcahy making a welcome return to finish 2<sup>nd</sup>. Tom Buggy and Cian Kelly proved to be the fastest relay.

Many thanks to all those that sponsored the event to those that donated spot prizes and food. To the ladies who looked after the catering and did an excellent job as usual. To the Garda without whom we would have been in trouble and to Bernard Graham and Mark Murray for looking after the event.

## All Welcome to Luggacurren

Sunday 13<sup>th</sup> September sees the 24<sup>th</sup> Annual Luggacurren 10K with the walkers getting underway @ 12.30 and the runners @ 1 p.m. Another day in the great outdoors.

## Club Singlets

For those that were enquiring club singlets have just arrived and anyone looking for to purchase same contact Breda or Liam.

## Club Complete DOUBLE in Tinryland

The annual Rockford road race was held on Saturday evening last and with good club representation we completed the double winning both the men and women team title's. Performances included:- Stephen Lawler 4<sup>th</sup> 20.30, Brian Kelly 7<sup>th</sup> 21.49, James Moore 13<sup>th</sup> (1<sup>st</sup> junior) 22.14, Gary Cantwell 14<sup>th</sup> 22.24, James Nolan 20<sup>th</sup> 22.53, Aran Murphy 23<sup>rd</sup> 23.29, Colette English 38<sup>th</sup> (1<sup>st</sup> O.40) 26.13, Margo Dowling 48<sup>th</sup> (2<sup>nd</sup> O.40) 28.18, Linda Fay 58<sup>th</sup> 29.58, Kate Bermingham 62<sup>nd</sup> 30.26, Sharon Buggy 66<sup>th</sup> 31.00 and Ann Nicholl/Waugh 78<sup>th</sup> (1<sup>st</sup> O.50) 32.31. Thanks to all that turned out and did the business.

## Tullamore Half Marathon

With over 640 finishers we had small representation due to so many other events taking place. Linda Faye had another fine run finishing 124<sup>th</sup> in a time of 1-38.17 with Caitriona McDonald following her

home with an excellent performance clocking 1-39.51 in 141<sup>st</sup> place and Mark Wogan was 180<sup>th</sup> across the line in 1-43.17

### Coaching the Disabled

Laois Sports Partnership are putting on a disability inclusion course for the handicapped @ the club grounds on Saturday 12<sup>th</sup> September commencing @ 9.30 we still have a few vacancies – anyone interested get in touch with Pat Kelly immediately.

### Primary Schools

All the local Primary schools 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> classes are welcome to take part in our annual schools cross country on Wednesday 16<sup>th</sup> September. Talk to your class mates and get a team out. Your teacher has full details.

### Club Cross Country Championship's

Sunday morning 10.30 on the 20<sup>th</sup> September is fixed for our first run of the season over cross country with the hosting of the club championships from U.10 to O.60 The first of the county championships are scheduled for the following Sunday 27<sup>th</sup> September for the even ages.