

## St Abban's Athletic Club News

2<sup>nd</sup> October 2013

### Breda & Stephen Crowned Champions

A decent number turned out for the club cross country championships held on the lands of Pdraig Graham last Sunday. A good dry course made for fast running and with a good atmosphere some close battles were fought out. Thanks to those who prepared the course and made for the easy running of the event. vThe girls U.10 saw Amy Brennan crowned champion, while it was Sarah Graham in the U.12 and Cara Maher in the Girls U.14. It was Laura Graham in the girls U.17 and Lynda Fay taking the Novice ladies crown. Breda Mulcahy was the senior champion with Colette English taking the Masters O.35 and Ann Nicholl/Waugh the ladies O.45.

The boys U.10 saw Darragh Kealy prevail with T. J. Burke scoring in the boys U.12 and Cian Kelly taking the U.14 crown. Alex Crossley was the victor in the boys U.17 with James Delaney winning the Junior title. Philip Roche was the Novice men's champion, with Stephen Lawlor a clear victor of the senior men's crown. Colm Burke was crowned the O.40 champion and Dinny Whelan the O.60 winner. All were pleased to have such fine conditions for the start of the cross country season.

### Record Numbers Turnout

Round 1 of the three counties secondary schools cross country was held in Knockbeg on Tuesday. The fields were massive with a great turnout from the Carlow, Laois and Kildare schools. In the eight race programme it was mighty to see so many making their debut over the cross country. Congratulations to all the club members who turned out to represent their school and best wishes for round 2 in Newbridge college on the 17th October at 10.30am.

### Indoor Training

The time has arrived for anyone interested in taking part in the indoor athletic programme to start training. The usual Tuesday and Friday night sessions will include circuits as a preparation phase while pilates sessions are going ahead on Thursday evenings. Also the Sunday morning session will specialise in field events. If interested and the above days do not suit just get in touch with any of the club coaches and get things sorted out.

### Members Draw

Time is getting scarce to get your ticket for the first of our Members Draw for 2013. This draw will take place in The Glenside, Killeslin on Saturday 12th October. Thanks to all who have supported the event to date and looking forward to many more signing up a.s.a.p. This is the club's main source of income for the year and your support is much appreciated. Call to the clubhouse any evening to secure your ticket.

### Day 2 in Emo Court

The 2nd stage of the Laois Credit Unions cross country will take place in Emo Court on Sunday the 20th October commencing at 11.00am. The programme commences with the girls U.9 followed by the boys U.9 followed by the U.11, 13, 15, 17 and 19 with the novice women and novice men to follow for a total of 14 events.