

St Abban's Athletic Club News

4th September 2013

League a resounding success

The concluding leg of the JFSports Fit4life league for 2013 was another major success when decided over the Turra circuit on Friday evening last. The most successful league to date saw record numbers turnout at most of the 8 stages. On Friday evening Stephen Lawler romped home a clear winner in an excellent time of 12.35 for the 4K from Brian Kelly with Colm Burke 3rd and Dermot Ayres 4th. It was Stephen and Brian's first outing in this years league due to working and studying in Dublin.

Colm Burke emerged the victor overall in the league with Dermot Ayres making a welcome return to the sport taking 2nd place overall from Riobard Miller (a great supporter of the event) 3rd, James Hamm 4th and another making a welcome return to the sport Peter Baldwin 5th.

In the ladies concluding leg Paula Grant took the stage victory from Breda Mulcahy with a fine run in 14.54 Teresa Agar was the overall winner from Paula with Breda 3rd, Colette English 4th and Mairead Moore having a great league for 5th spot.

Many thanks to all the areas for hosting the various legs, thanks to everyone that helped out in anyway especially the Garda for looking after the control of traffic and ensuring all went according to plan. Jason Farrell from JFSports, Carlow made a welcome contribution to this years league with his generous sponsorship.

Pilates Back in swing

The pilates session at the club grounds on Thursday evenings from 8.30 are filling back up after the Summer recess. Anyone interested in getting fit is welcome to come along and enroll for the winter sessions. No excuse for not getting into shape.

Autumn League Under Way

The annual Tinryland autumn league had a good turnout on Wednesday evening with strong representation from the club. Among those that performed on a beautiful evening were:- Mairead Moore, Mary Boylan, Ann Nicholl/Waugh, Liz Foy, Carmel Hughes, Peter Baldwin, Michael Kelly, Cian Kelly, James Moore, Finbar Fitzgerald and Sean Kelly.

Primary Schools

The local Primary schools cross country takes place at the club grounds on Wednesday 18th September for 4th, 5th and 6th class. Looking forward to a large turnout.

Club Championship

The club championship cross country will take place in Tolerton on Sunday 29th September at 10.30 for juveniles, junior, senior and masters men and women. All are welcome to give it a go.