

St Abban's Athletic Club News

5th March 2014

Enable Ireland 5K great success

The club was well represented in miserable conditions in the Enable Ireland 5K fun run held on the roads of Oak Park on Sunday last in Carlow. Starting from Carlow hurling club it was a flat out and back course with the historic Oak Park gateway making an ideal backdrop to proceedings.

Club participation included:- Mairead Moore, Francis Fleming, Dinny Whelan, James Nolan, Mick Kelly, Breda Mulcahy, Maura Fleming, Sean Kelly, Margo Dowling, Patrick Brennan, Mary Boylan, Gerry Regan, Ann Nicholl/Waugh, Clare Walsh, Colette English and Maire Griffith.

Laois Indoors

The inaugural Laois county indoor championships take place this Friday evening 14th March in the Athlone International arena by kind permission. With events from U.10 right through to senior it promises a good evenings activity.

League Final

The inaugural National League indoor final for men and women takes place in Athlone on Sunday 16th March. Many congratulations to both the men and women's team for qualifying so convincingly and best wishes in the final.

New Members

With the evenings stretching and the weather improving some what, now that Lent is here it's the ideal time for those interested in giving the sport of athletics a go. With several disciplines going from sprints to walks, jumps to throws, relays to hurdles we have something to suit everyone. Presently we are scarce in the throws area and would be delighted to see the shot, discus, javelin and hammer being tested by some new members. Anyone over the age of 7 right through to 70 is more than welcome to join up. Membership forms may be downloaded from the club website or can be collected in the clubhouse. Any parents interested in getting involved in coaching please let Breda or Pat know immediately.

Fit4Life

If interested why not come along to the track any Monday or Wednesday evening and join Jimmy and his gang for some exercise. Walkers especially welcome. Graiguecullen on Mondays and Thursdays if it suits instead, sessions commence at 7.30.

Dineen Refractories Sponsor Again

The Annual primary schools table quiz, kindly sponsored by Dineen Refractories, is currently in full flow at the semi-final stage. Once again the local schools are out in force and Pat and his team are testing the knowledge. Thanks to all the parents and teachers for supporting the event.