

5th Apr'17

End of Indoors

On the Final day of the Juvenile Indoor Championships in Athlone international Arena, Matthew Rossiter was our sole competitor. He took home a gold in the u18 boys Triple Jump with a best jump of 12.85m.

Carlow held its first 5km park run over the weekend in Rathwood and it was James Griffin whom had the honour of being the first runner home in a time of 18.26. Collette Brennan completed the 5km in 29.28 to finish 34th while Noeleen Condrón finished 57th in a time of 32.49.

Dates for the Diary.

The 22nd Annuals St. Abban's AC open Sports will take place Monday 1st of May, starting at 12.30pm. Please save the date, track and field events for under 8's upwards.

Also, this year's student games will take on the 23rd of April, all local schools are welcome to take part. Any school requiring assistance in the lead up to games contact James Nolan.

Ned Buggy Memorial 4k walk/run/crawl is on the 30th of April with all proceeds going to Pieta House. Registration at 12.30pm in St. Abban's Clubhouse.

Another date for the diary, the first stage of the 2017 St. Abban's Fit4Life Summer League takes place on Wednesday 10th May in Luggacurren. The Wednesday night fit4life group will now incorporate training towards the 4km league. All welcome.