

St Abban's AC

5th Oct 2016

Laois Cross Country Championships – Day 2

Well done to all club members who took part in Day 2 of the Laois County Cross Championships which were held in Abbeyleix last Sunday. Full results to follow in next week's club notes.

Lisbon Rockn'Roll Half Marathon

Nice to see Declan Byrne back in action, as he made a welcome return to the club colours when travelling to sunny Lisbon to take part in the Rockn'Roll Half Marathon. Declan travelled as part of a large group of 48 runners helping raise money for the National Maternity Hospital Foundation in Holles Street, while also clocking an excellent time of 1:29:13!

Secondary Schools Three County Cross Country League

The club was well represented at round 1 of the three county cross country league (Carlow, Laois & Kildare) hosted by Knockbeg in Graigueculle GAA grounds. With the distances nice and short the emphasis was on speed and with the excellent conditions we had some fine performances.

Ireland's Fastest Feet

Well done to Cara English and Kalem Buggy who took part in the Ireland's Fastest Feet initiative held in I.T. Carlow.

Local Road Races

Well done to all who took part in some of the local road races which took place over the last week. Noeleen Condron, Agnes Kealy, Una O'Sullivan and Pauline Doyle all took part in the 'Cross the Border' race held in Hacketstown, while Pauline also took part in the Galway Bay road race when over west.

Christmas Party

It's getting near that time of year folks. Anyone interested in attending the St. Abban's A.C./Fit4Life Christmas party please sign up in the clubhouse immediately. The event will take place Friday, 9th December in the Talbot Hotel, Carlow. Places are limited! Contact Colette, James, Sharon or Noeleen for further details.

Members Draw

Tickets are in circulation for our members draw and can be purchased from any club member. Anyone interested in being a promoter and helping out are welcome to call to the track any evening. Your support welcome.

Coaches Required

With the influx of new members it is important that we engage some new coaches to cater for the needs of these young people. If anyone is interested in getting involved in coaching, you're more than welcome. Please give your name to either James or Patrick a.s.a.p.