

6th September'17

Couch to 5k

St Abban's will be running a beginner couch to 5k program every Monday and Wednesday night 7.30pm – 8.30pm over the winter at St. Abban's sports complex. Cost will be just €2 per session' contact Bernard, Michal or Gavin for more info.

Upcoming fixtures

Cross season is here, with St Abban's AC school's cross country taking place on Wednesday the 13th of September. October 1st is the County Novice and even age cross country Championships in Rosenallis. The Laois Intermediate and Uneven Ages Cross Country is the 15th October, hosted by Ballyroan-Abbeyleix. The Laois Masters and Development Races Cross Country is the 5th November, hosted by Mountmellick/St. Michaels. And the Laois Senior Cross Country and Underage Relays, 3rd December Masters. hosted by St. Abbans

Club Training

Club training Tues & Friday 7.30pm-9pm