

St Abban's Athletic Club News

7th January 2015

Indoors to get underway

All those interested in having a go at indoor athletics are welcome to club training on Tuesday's and Friday's at the club grounds from 7.30 – 9.00 High jump sessions take place on Saturday mornings commencing at 10.30 Program of indoor competition get underway in Athone International Arena from this weekend. Any parent interested in getting involved in club coaching is welcome on board and please let any committee member know.

Membership Fees Due

All those interested in joining the club are requested to fill in application form (available in clubhouse) a.s.a.p. and return to club registrar Michael Daly.
New Year off to a 'Wellie start'

Despite the wet conditions the crowds were out in large numbers for the annual 'WELLIE' race in Castlecomer, on New Year's day. As usual we had some terrific floats which created plenty of banter and good humour. We were well represented in the race with Breda Mulcahy and Dinny Whelan featuring among the prize winners. Congrats to the McDonald family Ballyroan with Martin and daughter Breda winning the men's and ladies event.

Table Quiz

Your all very welcome to Behan's Tolerton for our 7th Annual Table Quiz. Thursday 22nd January at 8.30pm things get underway and your support would be much appreciated. No better way to start the new year.

Fit4Life Sessions

With 2015 off to a wet but mild start you might be interested in joining up with Jimmy Walsh any Monday and/or Wednesday @ 7.30pm to do some light exercising. Why not give it a try and join the many others into 'OPERATION TRANSFORMATION' Now is the ideal time to get involved in a nice safe environment.