

# St Abban's Athletic Club News

7<sup>th</sup> Oct'15

## Cheryl off to a flier

Cheryl Nolan opened her season with a mighty performance in the USA. Running in the Chile Pepper festival 10K in Fayetteville, Arizona she went out at a good pace reaching the halfway mark in 18-05 placing in the top 30 and a clear leader in the ladies section. Growing in confidence and feeling strong she pushed it on over the 2<sup>nd</sup> half and came home in an excellent time and a new P.B. of 35-44 and 26<sup>th</sup> across the line and 1<sup>st</sup> lady by a distance. A great start to her new season and having secured employment life is good for the Killeshin lady. She drops down to 5K for her next outing in a couple of weeks.

## Nice going in Athlone

Well done to those that completed the Athlone 0.75 marathon last Sunday. Caitriona McDonald was 155<sup>th</sup> in 2-37.35, Orla Jones 416<sup>th</sup> in 3-01.34, Sharon Buggy 423<sup>rd</sup> in 3-03.14 while Carol Brennan was 487<sup>th</sup> in 3-07.19. Best wishes to those currently preparing for the Dublin marathon.

## Carlow VEC Schools

The club hosted the Carlow VEC secondary schools T & F on Wednesday last. Some nice competition witnessed from the five schools (Borris, Hacketstown, Bagenalstown, Carlow Vocational and Gaelchloiste) with club members Caragh Maher (400 & 800) and Cody Tunstead (shot) recording victories.

## Laois Indoors

The postponed county championships are scheduled for Athlone International Arena on Sunday the 18<sup>th</sup> October @ 2.00. Events for U.9 to senior.

## Leinster Cross Country

The first of the Leinster's cross country are scheduled for Moyvalley, Enfield, Co. Meath on Sunday 25<sup>th</sup> October. Best wishes to all those representing the club and to the 22 members selected on the Laois juvenile teams.

## Fit4Life

Nice to see some new faces turning out Mondays & Wednesdays for the fit4life sessions. Thanks to Mary, Bernard, Mark and Jimmy for looking after same and I'm sure they would welcome more along.