

# St Abban's Athletic Club News

9th April 2014

## **2nd Annual Discovery 5K**

The club had 14 representatives in the Castlecomer 5K run in the beautiful discovery park on Sunday last. Teresa Agar and Breda Mulcahy had a big battle to decide the ladies honours with Teresa the defending champion from last year retaining her title in terrific fashion with a massive drive for home over the last 400 metres.

Other club members to support the local school venture included:- Mairead and Matthew Moore, Ann Nicholl/Waugh, Philip Roche, Dinny Whelan, Maura & Francis Fleming, Carmel Hughes, Sean Kelly, John Brennan, Shay Healy and Mark Wogan.

## **John Brophy Supports the Student Games**

Local Veterinary surgeon Mr. John Brophy has once again come on board to sponsor the annual student games. These games are a must for anyone starting off in the sport. Events are for U.7 right through to U.17. Details have been circulated to all the local schools. The usual club Student Games raffle will take place. Cards are available from Breda and may be collected any evening at training at the track, lines are €2 each and a completed card is €40. Your support would be much appreciated. The event will be held in the club grounds on Sunday 27th April commencing at 1.30pm.

## **Laois Secondary Schools**

Track & Field championships will take place in Monavea on Tuesday 29th April. Details available from county secretary Pippa Hackett.

## **Jason on Board for Fit4Life League**

Jason Farrell (JF Sports, Carlow), the much respected supplier of the most modern sports gear in the area has come on board again after last year's successful venture to sponsor the Annual Fit4Life 8 stage league. Round 1 in the league starts in Luggacurren on Wednesday 14th May. The distance is 4K achievable by everyone. Many have walked, jogged and run over the past years while as usual we will have those taking part that have never exercised before. All are welcome and it is meant to be an enjoyable experience. Please treat it as such and why not team up with a couple of your friends and come along and meet some likeminded people. Make it a date for round 1 on the 14th May and every 2 weeks after that with all stages over 4K. Refreshments are served afterwards in Luggacurren hall with lots of spot prizes on the night.

## **St Abban's AC Open Sports**

This year's Annual Open Sports, kindly sponsored by local Councillor Ben Brennan and Scats Bouncy Castles, proprietor Eddie Brennan, takes place at the club grounds on 5th May commencing at 12.30pm. Anticipating a good turnout as usual we would appreciate any help we can get in ensuring that everything runs smoothly on the day. If you are available and interested you are more than welcome to come along.