

St Abban's Athletic Club News

10th June 2015

Round 3 of the St Abban's Fit4Life League

Round 3 of the JFSports/Fit4Life league took place in glorious weather conditions in Newtown on Wednesday evening with 136 finishers. Round 4 is scheduled for Wolfhill on the 24th June commencing at 7.30pm. All are welcome. Thanks to Margaret Davis and her squad for looking after the Newtown event.

Bertie/Quinn Irish Milers Promotion

A number of club members traveled to Tullamore for this new promotion for track & field. Performances included:- Jamie Pender P.B. of 11.36 for 100 finishing 5th. Stephen Lawlor 13th in 'A' 3K in 8-59.02, David Lawlor 5th in new P.B. in the 'B' 3K in 9-14.18, James Nolan 13th in the 'B' 3K in 9-58.34. Eoghan Buggy 5th in the 400 in 51.25 and Cian Kelly 2nd U.16 800 in 2-03.91

Amy takes bronze

The Leinster U.9 – U.13 championships were decided in Tullamore. With a small representation Seoighe English improved her P.B. from 1.10 to 1.20 in the high jump and 5th place, while she jumped 3.56 for 15th in the long jump. Her friend and sparring partner Amy Brennan qualified as a fastest loser in the 60 hurdles for the final. Giving it everything she had an excellent performance in the final to take the bronze medal in 11.63 seconds.

60th Anniversary Celebration

All are welcome to the club grounds on Sunday 28th June to celebrate our 60th Year anniversary. A demonstration of athletic events, bouncy castles BBQ and other events for all. Looking forward to friends and members turning out for an enjoyable event.

Activity Camp

The 14th Activity Camp will take place at the club grounds from the 4th – 7th August. Registration forms available in clubhouse or maybe down loaded from website.

Lynda 2nd

Lynda Fay continued her good form with another marathon when she had an excellent run for 2nd lady in the Wexford marathon, last weekend.