

11th October'17

Nutrition Talk

A large number attended a very informative session held at St Abbans Couch to 5km tonight. The talk on Nutrition for Health and Performance was given by John Bolton in association with Laois Sport Partnership, Thanks to John for the informative talk.

Fixtures

Leinster cross country fixtures are as follows: Even Ages and Novice Championships - Saturday 28th October, 2017 will be held at Navan Adventure Centre hosted by County Meath, Uneven Ages and Senior Championships - Sunday 12th November, 2017 will be held in Adamstown and hosted by Adamstown Athletic Club, Co Wexford. Also, there will be a non-championship race U10 and U9 respectively hosted by the club/county at each of the upcoming championships.

Club Annual Draw

The club's annual draw will take place over three nights with the first draw on the 20th October. Ticket's cost €10 per draw and can be purchased at the clubhouse. Its only three fundraising draws a year so your support is greatly appreciated.

Training Times

Couch to 5k program will continue to run every Monday and Wednesday night 7.30pm – 8.30pm. Club training nights are Tuesday and Friday 7.30pm – 9pm all are Welcome.