

13th September'17

Luggacurren

The Club retained both men's and women's team titles in the Luggacurren 10k over the weekend with some great runs from all club athletes. Club performances include: - Colm Burke 3rd in 34.55, Stephen Hunter 4th in 35.09, Colin Coyne 7th in 35.35, Francis Fleming 22nd in 42.23, Sinead Kelly 26th in 43.55, Claire Phelan 28th in 44.22, Mathew Warren 29th in 44.32, Mairead Moore 37th in 49.55, Ann Nichol 40th in 55.22, Linda Ward 46th in 56.43, Patsy Baldwin 50th in 57.14, Sharon Buggy 52nd in 57.27, Martin Whelan 59th in 64.15 and Dinny Whelan 64th in 87.07. Colm Burke, Stephen Hunter, Colin Coyne and Francis Fleming were the scorers of the men's team while Sinead Kelly, Claire Phelan and Mairead Moore were the scorers for the women's team. Well done to all involved.

Couch to 5k

St Abban's will be running a beginner couch to 5k program every Monday and Wednesday night 7.30pm – 8.30pm over the winter at St. Abban's sports complex. Cost will be just €2 per session' contact Bernard, Michal or Gavin for more info.

Upcoming fixtures

October 1st is the County Novice and even age cross country Championships in Rosenallis. The Laois Intermediate and Uneven Ages Cross Country is the 15th October, hosted by Ballyroan-Abbeyleix. The Laois Masters and Development Races Cross Country is the 5th November, hosted by Mountmellick/St. Michaels. And the Laois Senior Cross Country and Underage Relays, 3rd December Masters. hosted by St. Abbans

Club Training

Club training Tues & Friday 7.30pm-9pm