

St Abban's Athletic Club News

17th December 2014

Shauna Star Performer

Athletics Leinster recently announced the star award recipients for the past year. Club athlete Shauna Daly was honored as the Laois senior star. Shauna is the oldest of the Daly gang all of whom play a big part in the club. Mam and dad Breda and Michael both competed for the club over many years and it was only natural for Shauna, Emma and Conor to follow in their footsteps. Both Breda and Michael qualified as athletic coaches and are currently involved in the club administration with Breda treasurer and Michael registrar. Shauna and Emma concentrating on the throws and are currently ranking in the top 10 in the country in the shot, discus, javelin and hammer, while Conor concentrates on jumps and combined events.

Shauna will be presented with her award at a dinner in the Seven Oaks, Carlow on Saturday 10th January, where she will follow in the footsteps of last years winner Barry Regan. Tickets are available for anyone interested. The award is based on performances at Leinster level where Shauna had an excellent year in the U.23 and senior categories.

Indoors Off to a great start

Cheryl Nolan started her indoor season with a fine run over 3000 meters romping home to victory over the final 400 meters in the USA.

On home turf Jamie Pender acquitted himself well in Athlone on Wednesday evening over 60 meters and 150 meters. Eoghan Buggy blew out the cobwebs over 300 and 600, while Barry Pender was delighted to clear 2.10 when winning the high jump. The first round of the National league is on the 11th January which will be our next indoor event.

Happy Christmas & all the best for 2015

The club would like to wish all a very happy and holy Christmas and the very best for 2015. Many thanks to everyone who supported the club in the past year to all our members that wore the singlet with pride and to all the coaches and administrators for the many hours dedicated to ensuring we had another outstanding year.

St. Stephen's Day

Club race gets underway with the boys U.14 and ladies over 1 lap of the Turra circuit commencing at 11.30 followed by the men's event over 3 laps starting at 11.50 Please report to Behan's by 11.10am.

Membership Due

With a new year about to kick off it is time for membership to be sorted. It would be appreciated if all member and those wishing to become members would look after this matter a.s.a.p. Application forms may be down loaded or collected in the hall in the clubhouse.

Club A.G.M.

The Annual General Meeting of the club will take place on Monday 12th January at 8.00 It would be nice to see a good turnout and to review the past year and to make some plans for the coming year. Anyone interested in being involved is more than welcome to attend.