

St Abban's Athletic Club News

19th Aug.'15

Time to Deliver & Enjoy

The parish 10K as part of our 60th Anniversary celebrations takes Sunday next the 30th August. All are welcome to come along and get involved. If you prefer your welcome to bring your friend and team up for 2 x 5K relay, with transport to start/finish. A 1K for U.12 and 2K for U.16 non competitive will also be held. Thanks to all our sponsors many spot prizes are up for grabs. Registration in the clubhouse from 11.30 and refreshments served afterwards. Fee €10 per individual and €15 per relay team. Enjoy the day.

Change of day.

With the numbers picking up for the Fit4Life sessions, they will be on Mondays and THURSDAYS from the beginning of September. Hope this suits all those that are interested and requested a change. Thanks to Jimmy, Bernard and Mark for looking after same and best wishes to all involved.

Best Wishes

Are extended to all our club members who are off on their 3rd level experience. It's nice to have the course of your choice and don't forget to keep in touch with the club and as all colleges/universities have athletic clubs and the best of facilities keep it up and deliver on that talent you have.

Training

Club sessions as usual are back in full swing on Tuesdays and Fridays @ 7.30 on the track for all age groups. With the cross country season just upon us it is important that each age group has enough to cover a team or two for the county championships. The local Primary schools event will take place on Wednesday 16th September with the club championship on the 20th September. Any parent interested in getting involved in looking after a team please let us know an evening at training. New members are welcome to join up – membership forms in the clubhouse.