20th September'17

Primary Schools XC

On Wednesday 13th August, we hosted our 14th Annual Schools Cross Country Event, at our Monavea track. More than 150 kids from 4th, 5th and 6th class from local schools were present. There were super battles in the various divisions but most importantly, all had great fun! The children managed to put aside their disappointment at having to take a few hours off school and made the most of the occasion. They were as enthusiastic in competing as they were in supporting their fellow school friends. Thank you to the schools that arranged for their classes to attend so early into the school year and all the volunteers that ensured everything ran like clockwork. See you all next year!

Club XC

Our annual club cross country was held over the weekend just gone and got the XC season underway with a large club turnout. Many thanks to al those who organised the event and to those who came along and ran ,best of luck for the rest of the cross-country season.

Beat the Barge.

Well done to all club members who ran in the beat the barge 4k in Vicarstown over the weekend. Club results- Colin Coyne 4th 13:00, Jack Fenlon 26th 15:07, Sinead Kelly 30th in 15:41, Maebh Maher 31st in 15:45, Cara Maher 35th in 16:17, Ann Nichol 60th in 18:45, Colette Brennan 118th in 24:50, Dinny Whelan 123rd in 25:01, Pauline Doyle in 156th in 29:52 and Noeleen Condron 157th in 29:53. Well Done all and apologies if I missed anyone.

Training times

Cross Country training for all kids this Sunday & Sunday 8th October in the field beside Behans at 11am. Big kids are welcome too. The Couch to 5k program will continue to run 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. Club training nights are Tuesday and Friday 7.30pm – 9pm.