

St Abban's AC

20th December 2016

Ladder Run sets the mark

Over 40 members turned out last Wednesday to climb the ladder over 1 lap of the perimeter track. Girls U.11 – 1st Ciara Malone 5-43, 2nd Katie Brennan 5-48, 3rd Cara English, 4th Jessica Murray 5-57, 5th Katie McGrath 6-02, 6th Ciara Milton 6-06. B.U.11 – 1st Evan English 5-04, 2nd Jack Milton 5-28, 3rd Timmy Byrne 5-33, 4th Jack Deegan 5-49, 5th Kalem Buggy 6-21, 6th Paraic Moran 6-36. Girls U.14 – 1st Seoighe English 5-05, 2nd Meabh Gallagher 5-43, 3rd Aoibhin McDonald 5-44, 4th Audrey Byrne 5-49, 5th Lucy Gaffney 5-59, 6th Eadaoin Cawley 6-01. Boys U.14 – 1st Eoin Cawley 4-59, 2nd Lee Murray 5-04, 3rd Adam Buggy 5-07. O.14 – 1st Meabh Maher 5-00 2nd Caragh Maher 5-02, 3rd Francis Fleming 5-04 and 4th Laura Graham 5-23.

Membership Fees Due

It's that time year and we would appreciate everyone making the effort and getting membership fees paid a.s.a.p. Membership forms are available in the clubhouse or maybe downloaded. Fees remain as they have been for the past 5 years. It's also time for any new members interested in joining up to come along and do so. Wishing everyone the very best for Christmas and the New Year.

Fit4Life

The ideal way to start the New Year come along and join the Fit4Life group and enjoy a new form of fitness. Walk, run jog and join in with your neighbour for a healthy pastime. Make 2017 an active year for you.