

St Abban's Athletic Club News

21st Oct'15

Cheryl in top form

The good news from the USA continues with Cheryl Nolan breaking new ground once again when setting a new P.B. and going under the 17 minute mark when clocking 16.56 for 5K in the Little Rock Invitational last weekend. Placed nicely in the leading group she went through the first mile in 5.19 a little ahead of schedule which might have cost her 2nd place. None the less to record a P.B. and take just over 20 seconds of same when finishing 3rd in this company augurs well for the future. Next up for Cheryl is a go at the National seniors on the 22nd November.

Gerry Farnan Outing:-

This popular event held in the Phoenix Park saw club representation and fine performances from Ann Nicholl in the masters ladies 5K in 25.55. Dick Mullins and Dinny Whelan were 9th and 11th respectively in the M65 category clocking 23.43 and 25.50 for the 5K. The senior men saw Stephen Lawlor finish 29th in a time of 28.07 for the 8K along with James Nolan.

Stradbally next stop:-

The Laois county senior for men and women along with juvenile relays for U.9, 11, 13, 15, 17 & 19 boys and girls will take place on the Electric Picnic site next Sunday commencing at 11.00. Please report to your team manager before 10.45 with the U.13 relays getting the programme underway.

Christmas Party:-

This is scheduled for the Talbot on Friday 18th December. Those that are interested please fill in your name on the sheet in the clubhouse a.s.a.p.

Schools Combined Events:-

The club had three athletes from 3 secondary schools competing in the Leinster schools indoor combined events in Athlone International Arena. For Matthew Rossiter and Ciara Harrington it was a brand new experience with both of them enjoying the new venture into combined events. Our 3rd representative was Ruby Millet from Kilkenny College and she started where she finished up the T & F season securing the silver medal in the junior girls scoring over 3,000 points which included 5.49 in the long jump and clearing 1.59 in the high jump. Plenty more to come all round.