

# St Abban's Athletic Club News

23<sup>rd</sup> April 2014

## **Philip & Teresa Reign in Clogh**

The Clogh 5K road run and walk saw a healthy gathering to support the fundraiser for the local National school play area development. St. Abbans A.C. and local athlete Philip Roche was always in the leading group and when it came down to the final 500 metres it was the desire to succeed on home ground that prevailed as he opened up a clear lead from there to the finish, to clock a winning time of 17:34. The ladies event saw Teresa Agar register another win in a fine time of 18:34. Other members of the club to support the event included:- James Nolan, Dinny Whelan, Mark Wogan, Breda Mulcahy, Kevin Wilson, Oisin Ryan and Niall Egan.

## **Colette back on Top**

Good Friday saw the running of the Carlow Hurling Club 5K in perfect conditions. James Griffin, Niall English and Bernard Graham had fine run's while Colette English continued to show she is back in excellent form to take the ladies title with Deirdre Brennan also showing a marked improvement in performance.

In the St. Michael's Forest Run in Emo Teresa Agar was 3rd lady across the line while Mairead Moore won the O.40 section. Other club members to support the event included:- Dermot Ayres, Matt Moore, Breda Roche, Caitriona McDonald and Dinny Whelan.

Prize winners among those who travelled to Kilmacow, Co. Kilkenny for the Annual St. Senan's Open Sports included:- Sean & Danielle O'Driscoll, Ruby Millet, Maeve Maher and Kevin Wilson.

## **St Abban's AC Open Sports**

Monday 5th May sees the clubs Annual Open Sports take place at the club grounds Monavea commencing at 12.30pm. Anyone available and willing to help out are more than welcome to report to any committee member before 12.00. Apologies in advance for any inconvenience caused to the local community re travel problems.

## **Other Upcoming Events**

Wednesday 7th May sees day 2 of the South Leinster Track & Field championships take place in Scanlon Park Kilkenny.

Friday 9th May commencing at 6.30pm sees the 1st stage of the Laois Credit Unions Track & Field. All club athletes are requested to report on time. Admission fee is €3. All pay at the gate.

## **St Abban's Fit4Life Summer League**

Wednesday 14th May marks the start of the club's Fit4Life Summer League kindly sponsored by JF Sport, Carlow. Luggacurren is the venue for the 4km run. Looking forward to your support as usual. Walkers, joggers and runners are all welcome. Registration takes place from 6.15pm in Luggacurren hall. Excellent value 5 euro per stage of the league or 8 races for €30. Meet some like-minded individuals and enjoy.