

25th October'17

AAI autumn open cross country.

The Sport Ireland National Sports Campus was the venue for the Autumn Open International Cross Country Festival over the weekend where several club athletes were in action. Cheryl Nolan made the trip home to race and had a strong run to finish 17th in the senior women's race.

In the master men's race Colm Burke was 19th overall and 1st M50, Colin Coyne was 37rd over all and 16th M35, Stephen Hunter was 41st overall and 18th M35, Liam Byrne was 91st over all and 21st M40 and Francis Fleming was 110th overall and 7th M60. Dick Mullins was 10th over all in the men's 65+ and was 2nd M70. Well done all.

Draw results

Results from the 1st round of the St. Abban's draw are as follows, 1st Pat Wilson (seller Bernard Graham), 2nd Mary Daly Snr (seller Jimmy Whelan), 3rd Niamh, ruby and Nessa Millet (seller Niamh Millet), 4th Michael McLoughlin (seller James Kilbride), 5th Eoin Delaney (seller Jimmy Whelan), 6th Harry and Lucy Cole (seller Jimmy Whelan) and 7th Paddy Brennan (seller Liam Kelly). The next round is on 10th November, Thanks to everyone for their support, Tickets still available from committee members.

Training Times

Couch to 5k program will continue to run every Monday and Wednesday night 7.30pm – 8.30pm. Club training nights are Tuesday and Friday 7.30pm – 9pm all are Welcome