

27th September'17

St. Abbans' XC results.

Our annual Club cross country was held two weekends ago, well done to all who competed. Full Results as follows- Girls u10 500m 1st Cara English, 2nd Ciara Milton, 3rd, 4th Laura Ayres, 5th Emma Reid, 6th Aoibhinn Brennan, 7th Karen Ayres, 8th Caoimhe Brennan, U10 Boys 500m 1st Kalem Buggy, 2nd Tiernan Patterson, 3rd Ben Reid, 5th Kyle Handcock, 6th Jack Doyle, 7th James McGrath, 8th johnny McGrath, Girls u12 800m 1st Rachel Ayres, 2nd Jessica Murray, 3rd Amy Handcock, 4th Katie McGrath, 5th Aishling Cawley, Boys u12 800m 1st Evan English, Jack Milton, 3rd Timmy Byrne, 4th Sean O'Sullivan, 5th Fionn O'Sullivan, Girls u14 1000m 1st Seoighe English, 2nd Meabh Gallagher, 3rd Hollie Brennan, 4th Audrey Byrne, 5th Zoey Handcock, Boys u14 1000m 1st Eoin Cawley, 2nd Lee Murray, 3rd, Adam Buggy, Senior Women 2k 1st Orla Davis, 2nd Margo Dowling, 3rd Deirdre Brennan, 4th Sharon Buggy, 5th Colette Brennan, Senior Men 2k 1st Colm Coyne, 2nd Colm Burke, 3rd Dermot Ayres, 4th TJ Burke, 5th Connor Barry, 6th Liam Byrne, 7th Niall English, 8th Francis Fleming,

Well done to Dick Mullins who had a successful trip to Galway where he won the Castlegar M8 6k open invitational cross country in a time of 30mins 2 sec. Also, well done to those who ran the Break for the Border 5k and 10k in Hacketstown over the weekend. Well done to all those involved in the Couch to 5k so for getting their first 2km done. The weather didn't dampen the spirits of the 70+ Participants.

Training times

Cross Country training for all kids 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.