

St Abban's Athletic Club News

28th January 2015

Siobhan Walks Tall

It was back to Athlone last weekend for the GLO Health National junior and U.23 championships. Our small crew came home well satisfied. Jamie Pender clocking 7.62 for the 60 meters and 23.70 for a new P.B. over 200 meters. Eoghan Buggy qualified comfortably from his heat in the 400m and equaled his best when finishing 4th in a close finish in the final.

Conor Daly got his season off to a good start when securing the bronze in the U.23 triple jump with 13.38m. For Siobhan Nash it was an excellent return to her speciality when she gave a masterly display to take the U.23 title for the 3K walk in a new club record of 15 minutes 10.78 seconds.

A Resounding Success

Despite the poor weather conditions a fine turnout of 22 tables were drawn to Behan's for the club's Annual Table Quiz. The Carlow/Ballinabranna contingent had a 1 point victory over the Rowan powered 'Swan brigade' with the Kelly gang from Kilkenny in 3rd place. As usual Tom Farrell did the business and Pat Whelan had his usual squad of helpers who did a fine job and everything went like clock work. Thanks also to the ladies for the refreshments served and to those that sponsored the raffle and to Marie and John for the use of the premises. Looking forward to 2016!

Charlie Curran Memorial

The Charlie Curran memorial 5K and 10K road races were held on Sunday last starting and finishing in Oak Park. Many thanks to all the club members that supported the event.

1st Weekend for Leinsters

The weekend of the 14th & 15th February is the first weekend of the Leinster indoor championships. With event's from U.12 to O.65. Entries need urgent attention. If interested get signed up immediately!

Leinster Schools

Best wishes to all our athletes that have qualified for the Leinster schools cross country championships which take place in Santry on Wednesday 11th February.

Fit4life

You're welcome to come along and get involved any Monday or Wednesday from 7.30pm at the track. Session to suit everyone – travel at what pace suits you and why not bring a friend.