

St Abban's Athletic Club News

29th April 2015

Cheryl in Outstanding form

Cheryl Nolan in her final year in the States delivered two top class performances over the weekend when she completed the double 800 & 1500 in the Arkansas State University championships. Just outside her P.B. clocking 2-14 for the 800 she went out and improved her P.B. by almost 3 seconds when running 4-32 for the 1500. Proof if it is required it's all about commitment. Well done Cheryl and the very best for the season ahead.

Samsung Dublin @ Night

Caitriona McDonald and Lynda Fay put in two fine performances in the Dublin streets at night run. Great atmosphere and an enjoyable experience.

Burke Still the Man

The streets of Portarlington saw some excellent performances when the Laois Credit Unions junior and senior men and women road championships were decided. In the junior ladies over 3 K our team of Caitlin McDonald, Laura Graham, Maeve Mahr and Niamh Moore came out on top. It was silver for our masters ladies led home by Margo Dowling followed by Lynda Fay, Caitriona McDonald, Mairead Moore, Teresa Kelly and Deirdre Brennan. Teresa took the silver in the O.45 individual section.

With the track and field season just on us and the junior men down for 6K we decided to give it a miss. In the masters it was a close affair throughout. With less than 1 K to go we had 4 athletes still battling it out. With all the questions being asked it was that man again Colm Burke who delivered to add another Laois title to his collection. There's life in them legs still. Colm McEvoy, Francis Fleming, Matt Moore, Sean Brennan and Dinny Whelan ran good steady races and enjoyed the session.

Laois Credit Unions T & F

Next Friday 8th May day 1 of the Laois Credit Union T & F will be held at Monavea with the program commencing at 6.30 The youngest age group is the U.13 as a result we will have NO training or those U.12 on that evening. Best wishes to all those taking part in the South Leinster and Leinster schools.