

29th November'17

National Cross Country Championships

Well done to Cheryl Nolan, Cian Kelly and Orla competing yesterday in Irish Life Health National Senior and Even Age Cross Country Championships, in Abbotstown, Co. Dublin. Cheryl was 19th Women across the line in the senior, Cian was 12th in the U18 event, winning an individual medal and lead the Laois team to win a bronze county medal and Orla

Also, congratulations to Dinny Whelan on competing his 100th Parkrun in Vicarstown last weekend, with great support on the day from many club 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

Upcoming events:

- Ladder Run, Friday 8th December.
- Kids (Primary School) Christmas Party 15th Dec – Dome.
- Kids (Secondary School) Christmas Party – (early January).
- Christmas Party, Saturday night 16th Dec – Behans.
- Irish Novice & Juvenile Uneven Age XC – 17th Dec-