

# St Abban's Athletic Club News

3<sup>rd</sup> April 2013

## ***Club Represented in several places***

St Abban's club members featured in several places last weekend with some fine performances to boot. Patrick (Pa) Brennan went in the Good Friday run in Killenard promoted by St. Michaels AC. The Carlow hospice 5K on the same day saw several club members present with Stephen Lawlor 4th, James Griffin 8th, Matt Moore had a fine run as did Mairead Moore on her return after shaking off the flu. Peter Baldwin impressed with his improvement while former Laois star award recipient Eddie Brennan (Scats Bouncy Castles) decided to give it a go and brought along another former member Gavin Deering to keep him company, along with his son Nathan and sister Olivia Keegan. Finbar Fitzgerald demonstrated he had been active over the winter period with a fine run. Others toting out included Fergal Doyle and Michelle Harrington.

Shane Harding returned a fine time of 24.55 for 87th place in the Dunboyne 4 miler. In the Slieve Bloom 10K Patrick Marshall finished 8th in a time of 43.43 while Lynda Fay was 41st in 51.57. Teresa Agar had a narrow victory by 4 seconds in the half marathon in a time of 94 minutes to keep her winning record intact.

The Maher family made the trip to Kilmacow for the first Open Sports of the season a successful one. The St. Senans sports as usual drew a big number despite the bitter cold wind. Fionn took the bronze in the U.17 700m while it was double gold for sister Cara in the U.13 700m and a P.B. of 1.25m for the high jump. Other Open Sports over the next couple of weeks include Templemore this Sunday 7th April, Crookestown/Millview on the 14th April and St. Laurence O'Toole on the 21st April. Programmes re same on display in the clubhouse and on the St Abban's website.

## ***Fit4life League***

Round 1 of the Fit4life league is scheduled for Luggacurren on the 15th May with registration from 6.30pm in the community hall. This year the usual areas are been visited with a registration fee of €5 per session up to a total of €30 to cover all 8 stages. We look forward as usual to some healthy banter and good battles and everyone improving on last years performances. Again the distance each evening is over 4K. So just over a month to go you're welcome to commence preparation by attending any of the Fit4Life sessions which are held in Graiguecullen on Mondays and Thursday, in Monavea on Mondays and Wednesdays and Moneenroe on Thursdays. Contact club website for more information.