

# St Abban's Athletic Club News

20<sup>th</sup> March 2013

## ***Fantastic turnout in Portlaoise***

The St. Patricks Day 5K run certainly drew the crowd to Portlaoise with over 670 athletes in the race and over 200 in the children's 1K run. Among the club representatives to feature were Katie Brennan, Orla Kelly, Shane Buggy, Amy Brennan (1st female), Tom Buggy 3rd and Cian Kelly 1st in the juvenile event.

Over 20 from the club clocked up good times for the 5K on the fast course run in ideal conditions. Among them were:- Mary Whelan and Gillian Buggy 35.48, Keelan Dermody 32.40, Joyce Byrne 27.23, Dinny Whelan 24.20, Joseline Ayres 23.40, Lynda Fay 22.02, Pa Brennan 20.46, Francis Fleming (Snr) 20.02, Marie Griffith 20.00, Matt Moore 19.58, Joe Harding 19.45, Francis Fleming 19.21, Breda Mulcahy (3rd lady) 19.15, Philip Roche 17.58, Patrick Marshall 17.40, Colm McEvoy 17.23, Dermot Ayres 17.19, Cormac Kelly (7th) 16.17 and Colm Burke making a great return to form finishing 6th over the line and 1st in the O.45 category in an excellent time of 16.12. Many congratulations to Portlaoise on a well run event and coping with the large numbers.

## ***Teresa Takes the spoils***

Teresa Agar made a welcome return to the winner's enclosure when winning the 10K road race in Carlow while Martin Kelly was 4th over the line and took the O.50 title.

## ***All Welcome***

With the evenings getting that bit longer all are welcome to the track on Mondays and Wednesdays for the Fit4life programme. Please report for a 7.30pm start and bring along your friend for company. Anyone interested in getting involved in the sport are more than welcome to club training on Tuesdays and Fridays. The fee is just €2 per session and with the track & field season around the corner now is the ideal time to come along and sample the sport and it's various events.

## ***Laois Sports Partnership M3***

Sunday 26th May is the new date for the M3 'Women's Mini Marathon' which will be run over 8K on a new course taking in Mayo, Garrendenny, Killeen, Crettyard and Monavea. Just over 2 months away Ben and Jimmy will be taking all interested on a trip over the new course on a regular basis. Now is the time to sign up.