

St Abban's Athletic Club News

27th February 2013

Defibulator Course

A training course in the use of the defibulator will take place in the clubhouse on Thursday evening next the 7th March at 7.30pm. It would be nice to have a couple from all sections of the club to be up-to-date in the use of the equipment, along with any locals that wish to be proficient. Anyone interested in attending please fill in your name and phone number on the sheet in the clubhouse a.s.a.p.

Dineen's Primary Schools

The annual 'Dineen' sponsored primary schools table quiz is ready for the final with two fantastic semi-final nights. Many thanks to all the teachers and parents for the fantastic turnout and best wishes to all in the final where another close run battle is anticipated.

Leinster Indoors

The last of the Leinster indoor championships take place in Athlone I.T. International Arena over the weekend of the 9th and 10th March. Best wishes extended to all club members taking part.

Senior Road Races

The club are hosting the Laois senior road championships kindly sponsored by Ben Brennan on the Turra triangle on the 24th March at 12.00 - another local promotion where no doubt some club members will be to the fore.

Scottish Indoors

Best wishes extended to those who have made the trip to the new indoor arena in Glasgow for the Scottish indoor championships which are on this weekend.

M3 Scheduled

In order to avoid a clash with other scheduled events the M3 Monavea Women's Mini Marathon has been fixed for the 26th May at 1pm which is the week before the Flora Women's Mini Marathon and an ideal warmup beforehand. So all the ladies have 3 months to prepare for the event, why not establish a friend or two and get together 2 or 3 times a week. Several people are using the track at various times during the day so you're likely to meet up with someone if you venture down there. Also, the Fit4Life programme as usual is on Mondays and Wednesdays evenings at 7.30pm if that suits better. We would like to encourage as many walkers and joggers as possible to include it in their programme and look forward to meeting everyone on the day.