

# **St Abban's Athletic Club News**

*29th August 2012*

## ***Rockford Success***

The club was well represented at the Annual Rockford 4 mile road race in Tinryland. This event continues to attract the top names in Irish distance running and this year was no exception. Kevin Brennan showed he was moving nicely to finish 14th and first junior in an excellent time of 21:23. James Griffin was 23rd in 22:08, Cormac Kelly 25th (3rd junior) in 22:24 and Patrick Marshall 35th in 23:30 for 4th team. Francis Fleming was 46th in 24:28, with Teresa Agar 59th and 4th lady in 25:32, Francis Fleming (Snr) 62nd and 1st in the V55 in 25:39. Matt Moore 67th and Joe Curran 68th with Breda Mulcahy 69th and Mark Wogan 81st, Mairead Moore 97th, Michael Lyons 125th, Peter Baldwin 131st, Laura Brennan 147th, Willie Doyle 180th, Sean Kelly 187th and Carmel Hughes 190th. Teresa, Breda and Mairead combined to take the ladies team title and to retain the Sean Delaney memorial cup.

## ***Congrats Robbie***

Huge congratulations are extended to Robbie Lyons on his excellent performances in the European Transplant and Dialysis Games in Croatia recently. Robbie took silver in the 100m, 200m, long jump and 4 x 100m relay while it was bronze in the 400m - a young man with plenty of potential and loads of talent in a number of sports.

## ***Interested in Joining Up***

With the return to school and the long evenings setting in now is the time to decide if you want an active winter or not. While the weather has been very wet it should not stop anyone from getting out and exercising. You're more than welcome to come along any Tuesday or Friday evening to St Abban's track for 7.30pm and get involved.

## ***Primary Schools***

Our Annual primary schools cross country run for 4th, 5th and 6th classes will take place on Wednesday 19th September. Details will be forwarded to all local schools over the next week.