



# *St. Abbans's Athletic Club*

*Monavea, Crettyard, Laois.*

*Founded 1955*

## **35<sup>th</sup> Annual - 4 County League - 2009**

*Men and Women*

*Kindly Sponsored By **glanbia.** Ballyragget, Co. Kilkenny.*

**Stage 1. Sunday February 8<sup>th</sup> @ 1.30 pm. BALLON (Carlow)**

*Men: 4 Mile C.C. (G.A.A. Grounds)*

*Women: 2 Mile C.C.*

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**Stage 2 Sunday March 15<sup>th</sup> @ 1.30 pm. FERNS (Wexford)**

*Men: 5 Mile C.C.*

*Women: 1½ Mile C.C.*

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**Stage 3. Sunday March 29<sup>th</sup> @ 1.30 pm. GOWRAN (Kilkenny)**

*Men: 4 Mile Road Race*

*Women : 1 mile Road Race*

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**Stage 4. Friday April 24<sup>th</sup> @ 7:30 pm. MONAVEA (Laois)**

*Men: 5 Mile Road Race*

*Women: 2,500 mts. Track*

*(All Athletes report to St. Abbans's Sports Complex)*

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**GRADES:** MEN - A, B & C. **TEAMS:** 4 TO SCORE IN ALL GRADES

**VET'S. MEN'S TEAMS (0/40):** 3 TO SCORE IN ALL STAGES

**NOTE:** VET'S. CAN ALSO SCORE FOR THEIR CLUB IN MAIN LEAGUE

**WOMEN:** 4 TO SCORE IN ALL STAGES

**PRIZES:** (Men) "A" 1<sup>st</sup> 6 Inds. & 1<sup>st</sup> 3 TEAMS

"B" & "C" 1<sup>st</sup> 4 Inds. & 1<sup>st</sup> 3 TEAMS

**VET'S:** 1<sup>st</sup> 3 0/40, 0/45, 0/50 & 0/55. 1<sup>st</sup> 2 0/60 & 1<sup>st</sup> 3 TEAMS..

**JUNIORS:** 1<sup>st</sup> 2 inds.

**NOTE:** In this years Men's League VET'S & JUNIOR'S can only qualify for  
One Individual Prize

**WOMEN:** 1<sup>st</sup> 6 Inds. & 1<sup>st</sup> 4 TEAMS + 1<sup>st</sup> 2 0/35 & 0/40 (NOT IN IND. PRIZES)

**ENTRY FEE:** €25 Per Ind. To Cover All Stages

PLEASE CONFIRM YOUR CLUBS INTENTION TO COMPETE BY WED.  
FEBRUARY 4<sup>th</sup> 2009 TO:

*PAT WHELAN, TOLERTON, BALLICKMOYLER, CARLOW. (059-9147868)*

**REFRESHMENTS SERVED AND PRESENTATION OF PRIZES  
AFTER FINAL STAGE IN ST. ABBAN'S SPORTS HALL.**