



St. Abbans's Athletic Club

Monavea, Crettyard, Laois.

Founded 1955

35th Annual - 4 County League - 2009

Men and Women

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

Stage 1. Sunday February 8th @ 1.30 pm. BALLON (Carlow)

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

Women: 2 Mile C.C.

Stage 2 Sunday March 15th @ 1.30 pm. FERNS (Wexford)

Men: 5 Mile C.C.

Women: 1½ Mile C.C.

Stage 3. Sunday March 29th @ 1.30 pm. GOWRAN (Kilkenny)

Men: 4 Mile Road Race

Women : 1 mile Road Race

Stage 4. Friday April 24th @ 7:30 pm. MONAVEA (Laois)

Men: 5 Mile Road Race

Women: 2,500 mts. Track

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

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" 1st 6 Inds. & 1st 3 TEAMS

"B" & "C" 1st 4 Inds. & 1st 3 TEAMS

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

JUNIORS: 1st 2 inds.

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

WOMEN: 1st 6 Inds. & 1st 4 TEAMS + 1st 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 4th 2009 TO:

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

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