



St. Abban's Athletic Club

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RESULTS

JOIN

Tuesday

7:00 pm-8:00 pm

Wednesday

7:30 pm-8:30 pm

Friday

7:00 pm-8:00 pm

Sunday

10:00 am-11:00 am

UPCOMING EVENTS

26 APR
2025



Moyné Open Sports

f Facebook w Whatsapp t Twitter i Instagram

Moyné Juvenile Open Track & Field Venue: Moyné, Thurles, Co. Tipperary, E...

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27 APR
2025



April 27 Laois Masters & Junior Road Championships
Hosted by St. Micheal's A.C.

Laois Masters and Junior Road...

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Laois Athletics Road Championships 2025 Laois Masters and Junior Road...

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01 MAY
2025



South Leinster Minor, U16 & Ju...

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South Leinster Schools - Minor, U16 & Junior Venue: SETU, Carlow

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April 2025

Month Week Day

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1	2	3	4	5	6
7	8	9	10	11	12	13

Instagram is linked with Twitter. Need to check all social media linked to right social channel



St. Abban's Athletic Club

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Liam Kelly

Coach



Eoin Kelly

Coach

CLUB EVENTS SCHEDULE

Need to understand the process, how it works?

NO	DATE	TIME	EVENT
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General Information

Age Groups and Schedules:

- Little Athletics: April 1st - October 31st. Must be born in 2017 - 2016. Train on Fridays only, from 7:00 PM to 8:00 PM.
- Juvenile Training: Training on Tuesdays and Fridays, from 7:00 PM to 8:00 PM.
- Thursday Core Session: 7:00 PM to 8:00 PM. Athletes must be 12 + to attend.
- Sunday Technical Session: 10 AM - 11 AM. Athletes will be notified if they are required to attend this session.

Training Focus and Environment:

- The emphasis is on creating a fun and encouraging environment where young athletes can develop their physical capacities, fundamental movement skills, and general athleticism.
- Training sessions are structured and incorporate various elements like:

👤 Euala Garvan (External) + Functional movement



redesign the image box to have a proper fit image. Also mention the dimension require for the image.





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ST. ABBAN'S A.C CLUB RECORDS

Click on image and it will popup and looks big image.

St. Abban's A.C Club Records

St. Abban's has a proud tradition of producing top-level athletes across all the disciplines of our sport, this tradition was born out of nowhere more visibly than through our list of club records. At the same time, our club records act as an invaluable historical archive they also serve as a list of honours detailing feet performed by some of our greatest athletes. **Able to add weblink in the paragraphs**

[READ MORE CLUB HISTORY »](#)

Remove this and add the list below showing all pdf documents with title

Title	View Results
Laois Intermediate Road Races 2025 - 06 April 2025	

pdf upload with Title in the admin panel

St Abban's A.C. Club Records											
Men's Section						Women's Section					
Event	Time/Distance	Name	Date	Event	Time/Distance	Event	Time/Distance	Name	Date	Event	Time/Distance
100m	18.00 (22.11.17)	Stephen Byrne	13/01/2011	100m	13.52 (24.11.17)	100m	13.52 (24.11.17)	Ruby Kelly	13/01/2011	100m	13.52 (24.11.17)
200m	39.00 (22.11.17)	Stephen Byrne	13/01/2011	200m	30.00 (24.11.17)	200m	30.00 (24.11.17)	Ruby Kelly	13/01/2011	200m	30.00 (24.11.17)
400m	1:17.00 (22.11.17)	Stephen Byrne	13/01/2011	400m	54.00 (24.11.17)	400m	54.00 (24.11.17)	Ruby Kelly	13/01/2011	400m	54.00 (24.11.17)
800m	2:30.00 (22.11.17)	Stephen Byrne	13/01/2011	800m	1:40.00 (24.11.17)	800m	1:40.00 (24.11.17)	Ruby Kelly	13/01/2011	800m	1:40.00 (24.11.17)
1600m	5:00.00 (22.11.17)	Paul Byrne	13/01/2011	1600m	3:30.00 (24.11.17)	1600m	3:30.00 (24.11.17)	Ruby Kelly	13/01/2011	1600m	3:30.00 (24.11.17)
3200m	10:00.00 (22.11.17)	Paul Byrne	13/01/2011	3200m	6:30.00 (24.11.17)	3200m	6:30.00 (24.11.17)	Ruby Kelly	13/01/2011	3200m	6:30.00 (24.11.17)
6400m	13:00.00 (22.11.17)	Paul Byrne	13/01/2011	6400m	8:30.00 (24.11.17)	6400m	8:30.00 (24.11.17)	Ruby Kelly	13/01/2011	6400m	8:30.00 (24.11.17)
12800m	26:00.00 (22.11.17)	Paul Byrne	13/01/2011	12800m	16:00.00 (24.11.17)	12800m	16:00.00 (24.11.17)	Ruby Kelly	13/01/2011	12800m	16:00.00 (24.11.17)
25600m	52:00.00 (22.11.17)	Paul Byrne	13/01/2011	25600m	32:00.00 (24.11.17)	25600m	32:00.00 (24.11.17)	Ruby Kelly	13/01/2011	25600m	32:00.00 (24.11.17)
51200m	1:04:00.00 (22.11.17)	Paul Byrne	13/01/2011	51200m	64:00.00 (24.11.17)	51200m	64:00.00 (24.11.17)	Ruby Kelly	13/01/2011	51200m	64:00.00 (24.11.17)
102400m	2:08:00.00 (22.11.17)	Paul Byrne	13/01/2011	102400m	128:00.00 (24.11.17)	102400m	128:00.00 (24.11.17)	Ruby Kelly	13/01/2011	102400m	128:00.00 (24.11.17)
204800m	4:16:00.00 (22.11.17)	Paul Byrne	13/01/2011	204800m	256:00.00 (24.11.17)	204800m	256:00.00 (24.11.17)	Ruby Kelly	13/01/2011	204800m	256:00.00 (24.11.17)
409600m	8:32:00.00 (22.11.17)	Paul Byrne	13/01/2011	409600m	512:00.00 (24.11.17)	409600m	512:00.00 (24.11.17)	Ruby Kelly	13/01/2011	409600m	512:00.00 (24.11.17)
819200m	16:64:00.00 (22.11.17)	Paul Byrne	13/01/2011	819200m	1024:00.00 (24.11.17)	819200m	1024:00.00 (24.11.17)	Ruby Kelly	13/01/2011	819200m	1024:00.00 (24.11.17)
1638400m	33:28:00.00 (22.11.17)	Paul Byrne	13/01/2011	1638400m	2048:00.00 (24.11.17)	1638400m	2048:00.00 (24.11.17)	Ruby Kelly	13/01/2011	1638400m	2048:00.00 (24.11.17)
3276800m	66:56:00.00 (22.11.17)	Paul Byrne	13/01/2011	3276800m	4096:00.00 (24.11.17)	3276800m	4096:00.00 (24.11.17)	Ruby Kelly	13/01/2011	3276800m	4096:00.00 (24.11.17)
6553600m	133:52:00.00 (22.11.17)	Paul Byrne	13/01/2011	6553600m	8192:00.00 (24.11.17)	6553600m	8192:00.00 (24.11.17)	Ruby Kelly	13/01/2011	6553600m	8192:00.00 (24.11.17)
13107200m	267:44:00.00 (22.11.17)	Paul Byrne	13/01/2011	13107200m	16384:00.00 (24.11.17)	13107200m	16384:00.00 (24.11.17)	Ruby Kelly	13/01/2011	13107200m	16384:00.00 (24.11.17)
26214400m	535:28:00.00 (22.11.17)	Paul Byrne	13/01/2011	26214400m	32768:00.00 (24.11.17)	26214400m	32768:00.00 (24.11.17)	Ruby Kelly	13/01/2011	26214400m	32768:00.00 (24.11.17)
52428800m	1070:56:00.00 (22.11.17)	Paul Byrne	13/01/2011	52428800m	65536:00.00 (24.11.17)	52428800m	65536:00.00 (24.11.17)	Ruby Kelly	13/01/2011	52428800m	65536:00.00 (24.11.17)
104857600m	2141:52:00.00 (22.11.17)	Paul Byrne	13/01/2011	104857600m	131072:00.00 (24.11.17)	104857600m	131072:00.00 (24.11.17)	Ruby Kelly	13/01/2011	104857600m	131072:00.00 (24.11.17)
209715200m	4283:44:00.00 (22.11.17)	Paul Byrne	13/01/2011	209715200m	262144:00.00 (24.11.17)	209715200m	262144:00.00 (24.11.17)	Ruby Kelly	13/01/2011	209715200m	262144:00.00 (24.11.17)
419430400m	8567:28:00.00 (22.11.17)	Paul Byrne	13/01/2011	419430400m	524288:00.00 (24.11.17)	419430400m	524288:00.00 (24.11.17)	Ruby Kelly	13/01/2011	419430400m	524288:00.00 (24.11.17)
838860800m	17134:56:00.00 (22.11.17)	Paul Byrne	13/01/2011	838860800m	1048576:00.00 (24.11.17)	838860800m	1048576:00.00 (24.11.17)	Ruby Kelly	13/01/2011	838860800m	1048576:00.00 (24.11.17)
1677721600m	34269:52:00.00 (22.11.17)	Paul Byrne	13/01/2011	1677721600m	2097152:00.00 (24.11.17)	1677721600m	2097152:00.00 (24.11.17)	Ruby Kelly	13/01/2011	1677721600m	2097152:00.00 (24.11.17)
3355443200m	68539:44:00.00 (22.11.17)	Paul Byrne	13/01/2011	3355443200m	4194304:00.00 (24.11.17)	3355443200m	4194304:00.00 (24.11.17)	Ruby Kelly	13/01/2011	3355443200m	4194304:00.00 (24.11.17)
6710886400m	137079:28:00.00 (22.11.17)	Paul Byrne	13/01/2011	6710886400m	8388608:00.00 (24.11.17)	6710886400m	8388608:00.00 (24.11.17)	Ruby Kelly	13/01/2011	6710886400m	8388608:00.00 (24.11.17)
13421772800m	274158:56:00.00 (22.11.17)	Paul Byrne	13/01/2011	13421772800m	16777216:00.00 (24.11.17)	13421772800m	16777216:00.00 (24.11.17)	Ruby Kelly	13/01/2011	13421772800m	16777216:00.00 (24.11.17)
26843545600m	548317:52:00.00 (22.11.17)	Paul Byrne	13/01/2011	26843545600m	33554432:00.00 (24.11.17)	26843545600m	33554432:00.00 (24.11.17)	Ruby Kelly	13/01/2011	26843545600m	33554432:00.00 (24.11.17)
53687091200m	1096635:44:00.00 (22.11.17)	Paul Byrne	13/01/2011	53687091200m	67108864:00.00 (24.11.17)	53687091200m	67108864:00.00 (24.11.17)	Ruby Kelly	13/01/2011	53687091200m	67108864:00.00 (24.11.17)
107374182400m	2193271:28:00.00 (22.11.17)	Paul Byrne	13/01/2011	107374182400m	134217728:00.00 (24.11.17)	107374182400m	134217728:00.00 (24.11.17)	Ruby Kelly	13/01/2011	107374182400m	134217728:00.00 (24.11.17)
214748364800m	4386543:12:00.00 (22.11.17)	Paul Byrne	13/01/2011	214748364800m	268435456:00.00 (24.11.17)	214748364800m	268435456:00.00 (24.11.17)	Ruby Kelly	13/01/2011	214748364800m	268435456:00.00 (24.11.17)
429496729600m	8773086:24:00.00 (22.11.17)	Paul Byrne	13/01/2011	429496729600m	536870912:00.00 (24.11.17)	429496729600m	536870912:00.00 (24.11.17)	Ruby Kelly	13/01/2011	429496729600m	536870912:00.00 (24.11.17)
858993459200m	17546172:48:00.00 (22.11.17)	Paul Byrne	13/01/2011	858993459200m	1073741824:00.00 (24.11.17)	858993459200m	1073741824:00.00 (24.11.17)	Ruby Kelly	13/01/2011	858993459200m	1073741824:00.00 (24.11.17)
1717986918400m	35092345:36:00.00 (22.11.17)	Paul Byrne	13/01/2011	1717986918400m	2147483648:00.00 (24.11.17)	1717986918400m	2147483648:00.00 (24.11.17)	Ruby Kelly	13/01/2011	1717986918400m	2147483648:00.00 (24.11.17)
3435973836800m	70184691:12:00.00 (22.11.17)	Paul Byrne	13/01/2011	3435973836800m	4294967296:00.00 (24.11.17)	3435973836800m	4294967296:00.00 (24.11.17)	Ruby Kelly	13/01/2011	3435973836800m	4294967296:00.00 (24.11.17)
6871947673600m	140369382:24:00.00 (22.11.17)	Paul Byrne	13/01/2011	6871947673600m	8589934592:00.00 (24.11.17)	6871947673600m	8589934592:00.00 (24.11.17)	Ruby Kelly	13/01/2011	6871947673600m	8589934592:00.00 (24.11.17)
13743895347200m	280738764:48:00.00 (22.11.17)	Paul Byrne	13/01/2011	13743895347200m	17179869184:00.00 (24.11.17)	13743895347200m	17179869184:00.00 (24.11.17)	Ruby Kelly	13/01/2011	13743895347200m	17179869184:00.00 (24.11.17)
27487790694400m	56147752:56:00.00 (22.11.17)	Paul Byrne	13/01/2011	27487790694400m	34359738368:00.00 (24.11.17)	27487790694400m	34359738368:00.00 (24.11.17)	Ruby Kelly	13/01/2011	27487790694400m	34359738368:00.00 (24.11.17)
54975581388800m	112295505:52:00.00 (22.11.17)	Paul Byrne	13/01/2011	54975581388800m	68719476736:00.00 (24.11.17)	54975581388800m	68719476736:00.00 (24.11.17)	Ruby Kelly	13/01/2011	54975581388800m	68719476736:00.00 (24.11.17)
109951162777600m	224591011:44:00.00 (22.11.17)	Paul Byrne	13/01/2011	109951162777600m	137438953472:00.00 (24.11.17)	109951162777600m	137438953472:00.00 (24.11.17)	Ruby Kelly	13/01/2011	109951162777600m	137438953472:00.00 (24.11.17)
219902325555200m	449182023:28:00.00 (22.11.17)	Paul Byrne	13/01/2011	219902325555200m	274877906944:00.00 (24.11.17)	219902325555200m	274877906944:00.00 (24.11.17)	Ruby Kelly	13/01/2011	219902325555200m	274877906944:00.00 (24.11.17)
439804651110400m	898364046:56:00.00 (22.11.17)	Paul Byrne	13/01/2011	439804651110400m	549755813888:00.00 (24.11.17)	439804651110400m	549755813888:00.00 (24.11.17)	Ruby Kelly	13/01/2011	439804651110400m	549755813888:00.00 (24.11.17)
879609302220800m	1796728093:52:00.00 (22.11.17)	Paul Byrne	13/01/2011	879609302220800m	1099511627776:00.00 (24.11.17)	879609302220800m	1099511627776:00.00 (24.11.17)	Ruby Kelly	13/01/2011	879609302220800m	1099511627776:00.00 (24.11.17)
1759218604441600m	3593456187:44:00.00 (22.11.17)	Paul Byrne	13/01/2011	1759218604441600m	2199023255552:00.00 (24.11.17)	1759218604441600m	2199023255552:00.00 (24.11.17)	Ruby Kelly	13/01/2011	1759218604441600m	2199023255552:00.00 (24.11.17)
3518437208883200m	7186912375:28:00.00 (22.11.17)	Paul Byrne	13/01/2011	3518437208883200m	4398046511104:00.00 (24.11.17)	3518437208883200m	4398046511104:00.00 (24.11.17)	Ruby Kelly	13/01/2011	3518437208883200m	4398046511104:00.00 (24.11.17)
7036874417766400m	14373824751:12:00.00 (22.11.17)	Paul Byrne	13/01/2011	7036874417766400m	8796093022208:00.00 (24.11.17)	7036874417766400m	8796093022208:00.00 (24.11.17)	Ruby Kelly	13/01/2011	7036874417766400m	8796093022208:00.00 (24.11.17)
14073748835532800m	28747649502:24:00.00 (22.11.17)	Paul Byrne	13/01/2011	14073748835532800m	17592186044416:00.00 (24.11.17)	14073748835532800m	17592186044416:00.00 (24.11.17)	Ruby Kelly	13/01/2011	14073748835532800m	17592186044416:00.00 (24.11.17)
28147497671065600m	57495299004:48:00.00 (22.11.17)	Paul Byrne	13/01/2011	28147497671065600m	35184372088832:00.00 (24.11.17)	28147497671065600m	35184372088832:00.00 (24.11.17)	Ruby Kelly	13/01/2011	28147497671065600m	35184372088832:00.00 (24.11.17)
56294995342131200m	114990598009:36:00.00 (22.11.17)	Paul Byrne	13/01/2011	56294995342131200m	70368744177664:00.00 (24.11.17)	56294995342131200m	70368744177664:00.00 (24.11.17)	Ruby Kelly	13/01/2011	56294995342131200m	70368744177664:00.00 (24.11.17)
112589990684262400m	229981196019:12:00.00 (22.11.17)	Paul Byrne	13/01/2011	112589990684262400m	140737488355328:00.00 (24.11.17)	112589990684262400m	140737488355328:00.00 (24.11.17)	Ruby Kelly	13/01/2011	112589990684262400m	140737488355328:00.00 (24.11.17)
225179981368524800m	459962392038:24:00.00 (22.11.17)	Paul Byrne	13/01/2011	225179981368524800m	281474976710656:00.00 (24.11.17)	225179981368524800m	281474976710656:00.00 (24.11.17)	Ruby Kelly	13/01/2011	225179981368524800m	281474976710656:00.00 (24.11.17)
450359962737049600m	919924784076:48:00.00 (22.11.17)	Paul Byrne	13/01/2011	450359962737049600m	562949953421312:00.00 (24.11.17)	450359962737049600m	562949953421312:00.00 (24.11.17)	Ruby Kelly	13/01/2011	450359962737049600m	562949953421312:00.00 (24.11.17)
900719925474099200m	1839849568153:36:00.00 (22.11.17)	Paul Byrne	13/01/2011	900719925474099200m	1125899906842624:00.00 (24.11.17)	900719925474099200m	1125899906842624:00.00 (24.11.17)	Ruby Kelly	13/01/2011	900719925474099200m	1125899906842624:00.00 (24.11.17)
1801439850948198400m	3679699136307:12:00.00 (22.11.17)	Paul Byrne	13/01/2011	18014398509481984							



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St. Abban's A.C Club Records

St. Abban's A.C Club Records St. Abban's has a...

An Origin Story

The history of St. Abban's Athletic Club is a tale of community, passion, and the enduring spirit of sportsmanship that has left an indelible mark on the local area and the sport of athletics....

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CLUB POLICIES

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St. Abban's AC Track Use Policy

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ABOUT MOYNE OPEN SPORTS

26-04-2025 00:00 AM - 26-04-2025 00:00 AM

Moyne Juvenile Open Track & Field

Venue: Moyne, Thurles, Co. Tipperary, E41 EH58

See Programme of Events below

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EVENTS ACTIVITY

Moyne AC JUVENILE OPEN Track & Field Day
Saturday, 26th April 2025

TRACK - Start time 11:00			
Moyne Girls	U8	60m	200m
Moyne Girls	U8	60m	200m
Moyne Girls	U10	60m	300m
Moyne Girls	U11	60m	300m
Moyne Girls	U12	60m	300m
Moyne Girls	U13	60m	300m
Moyne Girls	U14	60m	300m
Moyne Girls	U15	60m	300m
Moyne Girls	U16	60m	300m

ADMISSION:
€5 per child & €2 per parent/adult
Admission can only be up to 1000 events per year only.
More from Moyne AC on the website

FIELD - Start time 11:00			
Moyne Girls	U8	4 x 100m	4 x 100m
Moyne Girls	U10	4 x 100m	4 x 100m
Moyne Girls	U12	4 x 100m	4 x 100m
Moyne Girls	U14	4 x 100m	4 x 100m
Moyne Girls	U16	4 x 100m	4 x 100m

RELAYS: continue onto track events are completed

ADMISSION: €5 per child & €2 per parent/adult
Admission can only be up to 1000 events per year only.
More from Moyne AC on the website

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About Us

In addition to our competitive athletes and recreational training, St. Abban's A.C. also has a strong focus on community involvement. We believe in giving back and regularly organize charity events and fundraisers to support local causes. Our club also hosts various athletic events throughout the year, attracting athletes from all over Ireland and beyond. At St. Abban's, we strive to create a welcoming and inclusive environment for all...



USEFUL LINKS

- > Leinster Athletics
- > Athletics Ireland
- > MyRunResults
- > Pop Up Races

Contact us

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ABOUT JUVENILE GROUP

General Information

Age Groups and Schedules:

- Little Athletics: April 1st - October 31st. Must be born in 2017 - 2019. Training Fridays only, from 7:30 PM to 8:30 PM.
- Juvenile Training: Training on Tuesdays and Fridays, from 7:00 PM to 8:00 PM.
- Thursday Core Session: 7:00 PM to 8:00 PM. Athletes must be 12+ yrs old.
- Sunday Technical Session: 10 AM - 11 AM. Athletes will be notified if they are required to attend this session.

Training Focus and Environment:

- The emphasis is on creating a fun and encouraging environment where young athletes can develop their physical capacities, fundamental movement skills, and general athleticism.
- Training sessions are structured and incorporate various elements like:
 - Functional movement
 - Strength and conditioning
 - Running mechanics and technique
- The goal is to benefit all participants regardless of their chosen athletic pursuits later in life.

Additional Information:

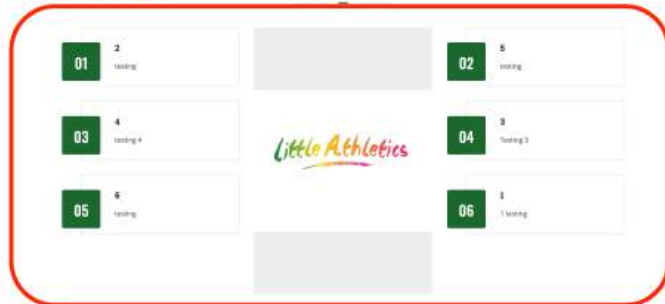
- Fees: There is a €2 fee per training session, with a €5 family fee per session. Fees are paid before training begins. You must sign in with Pauline in the hall.
- Keweenaw Covered: Training covers various disciplines, including:
 - Cross Country
 - Track and Field (both indoor and outdoor)
 - Road Racing
 - Specific events include sprinting, middle distance running, hurdling, throw events (javelin, discus, shot put), and jumping (high jump, long jump, triple jump, and pole vault).



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CLUB ACTIVITY



COACH/TRAINER



CLUB EVENTS SCHEDULE

NO	DATE	TIME	EVENT
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OUR SPONSORS



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its.