

SAINT ABBANS CLUB LEAGUE November/December 2009

Stage 1 – 17th November – Good dry night over 2000 metres on track

NAME	Finish Time	Handicap	Actual Time	Fastest Time	Overall Place
David Buggy	8.36	0.30	8.06	10 th	1
Brian Kelly	8.40	2.40	6.00	1 st	2
Tony Pender	8.46	1.50	6.56	2 nd	3
Arnie Mahon	8.47	1.00	7.47	8 th	4
James Moore	8.48	1.20	7.28	5 th	5
Daniel Bolton	8.49	1.10	7.39	7 th	6
Paraic Bolton	8.59	2.00	6.59	3 rd	7
Ailish Brennan	9.10	1.40	7.30	6 th	8
Peter Dobbyn	9.24	0.10	9.14	11 th	9
Francis Fleming	9.25	1.30	7.55	9 th	10
Ann Nicholl/Waugh	9.34	0.20	9.14	11 th	11
Dorel Picovici	9.40	2.15	7.25	4 th	12
Mairead Moore	9.56	0.40	9.16	13 th	13
Clare McCrory	10.06	0.00	10.06	14 th	14

Thanks to EVERYONE who turned out – Hope it was an enjoyable experience.

The 2nd stage will be held on Tuesday 1st December over 3K on an OPEN handicap commencing @ 8.00. Please be on time warmed up ready to go as some would like to fit in a session afterwards. It's still not too late to join in. If so make sure I have your name before 7.40 on the night.

Stage 1 of Sprinters League over 300 mts with distance handicaps

NAME	Distance	Handicap	Actual Distance	Fastest Time	Overall Place
Eoghan Buggy	300	15	285		1
Conor Daly	300	00	300		2
Denis Brophy	300	15	285		3
Dominic Redmond	300	20	280		4
Craig Coffey	300	30	270		5
Saragh Buggy	300	25	275		6

Expected a few more – Again THANKS to those that turned out. Apologies for not getting times. Perhaps it's something we can sort out for the next night? Stage 2 on the 1st December @ 7.50 please over 200 mts again with distances as handicap. Any comments please let Michael or myself have them.

Pat

SAINT ABBANS Fit4Life LEAGUE November/December 2009

Stage 1 – 18th November – wet & windy night over 2000 metres on track

NAME	Finish Time	Handicap	Actual Time	Fastest Time	Overall Place
Colette English	12.13	4.30	7.43	2 nd	1
Teresa Brennan	12.26	2.30	9.56	6 th	2
Margaret Davis	12.39	1.30	11.09	11 th	3
Carmel Hughes	12.41	1.00	11.41	12 th	4
Eileen Cantwell	12.46	5.00	7.46	3 rd	5
Claire Walsh	12.50	3.00	9.50	5 th	6
Breda Mulcahy	13.00	5.20	7.40	1 st	7
Maura Fleming	13.15	2.50	10.25	7 th	8
Noeleen Condron	13.23	0.45	12.38	14 th	9
Jimmy Walsh	13.25	4.45	8.40	4 th	10
Marie Behan	13.34	2.40	10.54	10 th	11
Mary Whelan	13.44	1.45	11.59	13 th	12
Ann Marie Murphy	13.56	0.00	13.56	15 th	13
Daphne Hancock	14.20	3.30	10.50	8 th	14
Siobhan Kealy	14.20	3.30	10.50	8 th	14

Thanks to everyone that braved the rough conditions though we were fortunate to get a good hour. Stage 2 fixed for Wednesday 2nd December over 3K on a sealed handicap i.e. everyone starts to-gether and each person has a time handicap assigned. Plenty of room for more to get involved. Don't forget Stephens day @ Behan's for 11.30 report please by 11.15Your comments welcome.

Pat

SAINT ABBANS CLUB LEAGUE November/December 2009

Stage 2 – 1st December – Good dry night over 3000 metres on track

NAME	Finish Time	Handicap	Actual Time	Fastest Time	Place	Stage 1	Pts.Tot	O/all
Mairead O’Kane	13.48	0.00	13.48	13 th	1	*15	16	5 th
Peter Dobbyn	14.50	1.00	13.50	14 th	2	09	11	2 nd
Niall English	15.05	3.10	11.55	5 th	3	*15	18	11 th
Dorel Picovici	15.17	4.00	11.17	4 th	4	12	16	5 th
Francis Fleming (s)	15.20	3.10	12.10	9 th	5	10	15	4 th
Ann Nichol/Waugh	15.28	1.00	14.28	15 th	6	11	17	10 th
Francis Fleming (j)	15.29	3.25	12.04	7 th	7	*15	22	14 th
Arnie Mahon	15.30	3.25	12.05	8 th	8	04	12	3 rd
David Buggy	15.30	3.00	12.30	10 th	9	01	10	1 st
Daniel Bolton	15.31	3.35	11.56	6 th	10	06	16	5 th
Paraic Bolton	15.32	4.40	10.52	2 nd	11	07	18	11 th
Patsy Baldwin	15.41	3.00	12.41	11 th	12	*15	27	16 th
Tony Pender	15.43	4.50	10.53	3 rd	13	03	16	5 th
Brian Kelly	15.47	6.00	9.47	1 st	14	02	16	5 th
Matt Moore	16.00	3.10	12.50	12 th	15	*15	30	18 th
James Moore					*16	05	21	13 th
Ailish Brennan					*16	08	24	15 th
Mairead Moore					*16	13	29	17 th
Clare McCrory					*16	14	30	18 th

Stage 2 of Sprinters League over 200 mts with distance handicaps

NAME	Distance	Handicap	Actual Distance	Place	Stage 1	Pts.Tot	O/all
Eoghan Buggy	200	08	192	1	1	2	1 st
Denis Brophy	200	10	190	2	3	5	2 nd
Conor Daly	200	00	200	3	2	5	2 nd
Saragh Buggy	200	23	177	4	6	10	5 th
Dominic Redmond				*5	4	9	4 th
Craig Coffey				*5	5	10	5 th

*Denotes athlete missed leg and was allocated next position to last.

Next leg on Tuesday 15th December over 1 mile and 100 metres, both on an open handicap basis.

SAINT ABBANS FIT4LIFE LEAGUE November/December 2009

Stage 2 – 2nd December – Good dry night over 3000 metres on track

NAME	Finish Time	Handicap	Actual Time	Fastest Time	Place	Stage 1	Pts.Tot	O/all
Colette English	19.50	8.20	11.30	1 st	1	1	2	1 st
Carol Brennan	19.51	4.00	15.51	8 th	2	*16	18	7 th
Mairead Moore	19.53	5.00	14.53	6 th	3	*16	19	8 th
Breda Mulcahy	20.05	8.20	11.45	2 nd	4	7	11	4 th
Carmel Hughes	20.07	3.20	16.47	13 th	5	4	9	2 nd
Aisling Leonard	20.08	6.30	13.38	3 rd	6	*16	22	11 th
Ann Marie Murphy	20.18	0.00	20.18	16 th	7	13	20	9 th
Teresa Brennan	20.24	5.45	14.39	4 th	8	2	10	3 rd
Margaret Davis	20.26	4.00	16.26	10 th	9	3	12	5 th
Clare Walsh	20.28	5.45	14.43	5 th	10	6	16	6 th
Emma Mooney	20.42	4.25	16.17	9 th	11	*16	27	13 th
Maura Fleming	20.43	5.00	15.43	7 th	12	8	20	9 th
Noeleen Condron	20.47	2.00	18.47	14 th	13	9	22	11 th
Gillian Buggy	21.03	2.00	19.03	15 th	14	*16	30	17 th
Daphne Hancock	21.03	4.25	16.38	11 th	14	14	28	16 th
Marie Behan	21.05	4.25	16.40	12 th	16	11	27	13 th
Anne Byrne	23.02	1.00	22.02	17 th	17	*16	33	19 th
Margaret Murtagh	23.02	1.00	22.02	17 th	18	*16	34	20 th
Elizabeth Tunstead	23.03	1.00	22.03	19 th	19	*16	35	22 nd
Mildred Neale	23.57	1.00	22.57	20 th	20	*16	36	28 th
Mary Brennan	23.57	1.00	22.57	20 th	21	*16	37	30 th
Eileen Cantwell					*22	5	27	13 th
Jimmy Walsh					*22	10	32	18 th
Mary Whelan					*22	12	34	20 th
Siobhan Kealy					*22	14	36	28 th

*Denotes athlete missed leg and was allocated next position to last.

Next leg on Wednesday 16th December over 1 mile and run on a sealed handicap basis.

SAINT ABBANS CLUB LEAGUE November/December 2009

Stage 3 & Final – 15th December – Over 1 Mile on an open handicap on track good & dry

NAME	H/cap	Time	Fast	St.3	St.2	St.1	Pts.Tot	Place
Mairead O’Kane	0.30	6.29	12 th	1	1	*15	17	1 st
Peter Dobbyn	0.25	6.51	13 th	7	2	9	18	2 nd
Ann Nichol/Waugh	0.00	7.07	14 th	4	6	11	21	3 rd
Tony Pender **	2.00	5.17	4 th	8	13	3	24	4 th
Francis Fleming (j)	1.20	5.43	5 th	2	7	*15	24	4 th
David Buggy	1.10	6.23	11 th	15	9	1	25	6 th
Dorel Picovici **	1.40	5.43	5 th	11	4	12	27	7 th
James Moore **	1.25	5.47	8 th	6	*16	5	27	7 th
Arnie Mahon	1.20	Abs	--	*16	8	4	28	9 th
Brian Kelly	2.40	4.43	2 nd	12	14	2	28	9 th
Ailish Brennan	1.25	5.44	7 th	5	*16	8	29	11 th
Daniel Bolton	1.25	6.00	9 th	13	10	6	29	11 th
Francis Fleming (s)	1.15	Abs	--	*16	5	10	31	13 th
Matt Moore **	0.50	6.14	10 th	3	15	*15	33	14 th
Paraic Bolton	2.00	Abs	--	*16	11	7	34	15 th
Niall English	1.25	Abs	--	*16	3	*15	34	15 th
Mairead Moore	0.00	7.18	15 th	9	*16	13	38	17 th
Stephen Attride	2.40	4.39	1 st	10	*16	*15	41	18 th
Patsy Baldwin ***	1.00	Inj.	--	*16	12	*15	43	19 th
Stephen Lawlor	2.25	5.05	3 rd	14	*16	*15	45	20 th
Clare McCrory	0.00	Abs	--	*16	*16	14	46	21 st

Nice to see all 15 Finishers finishing within 32 seconds of one another.

Stage 3 of Sprinters League over 100 mts with distance handicaps

NAME	Stage 2	Stage 1	Stage 3	Pts. Tot	Place
Eoghan Buggy	1	1	1 (4)	3	1 st
Denis Brophy	2	3	2 (6)	7	2 nd
Conor Daly	3	2	3 (0)	8	3 rd
Saragh Buggy	4	6	*6	16	6 th
Dominic Redmond	*5	4	*6	15	5 th
Craig Coffey	*5	5	4 (10)	14	4 th
Nessa Millet	*5	*7	5 (10)	17	7 th

*Denotes athlete missed leg and was allocated next position to last. ** Spot Prizes. *** Injured.

Thanks to everyone for turning out – felt the mile was very good. Special thanks to OUR SPONSOR.

SAINT ABBANS FIT4LIFE LEAGUE November/December 2009
Stage 3 & Final – 16th December – Over 1 Mile on a sealed handicap on track good & dry

NAME	Act Time	H/cap	Time	St.3	St.2	St.1	Pts.Tot	Place
Colette English	5.49	0.00	5.49	9	1	1	11	1 st
Breda Mulcahy	5.51	0.12	5.39	4	4	7	15	2 nd
Teresa Brennan	7.13	1.30	5.43	7	8	2	17	3 rd
Margaret Davis	7.58	2.15	5.43	7	9	3	19	4 th
Carol Brennan **	7.36	2.05	5.31	2	2	*16	20	5 th
Clare Walsh	7.17	1.35	5.42	6	10	6	22	6 th
Carmel Hughes	8.45	2.35	6.10	15	5	4	24	7 th
Maura Fleming	7.54	2.00	5.54	10	12	8	30	8 th
Ann Marie Murphy **	10.28	4.30	5.58	11	7	13	31	9 th
Emma Mooney	7.39	2.10	5.39	4	11	*16	31	9 th
Anne Byrne	11.10	5.40	5.30	1	17	*16	34	11 th
Mildred Neale	11.31	6.00	5.31	2	20	*16	38	12 th
Noeleen Condron	9.52	3.20	6.32	17	13	9	39	13 th
Marie Behan **	8.36	2.30	6.06	13	16	11	40	14 th
Jimmy Walsh	6.56	0.50	6.06	13	*22	10	45	15 th
Gillian Buggy	9.30	3.05	6.25	16	14	*16	46	16 th
Mary Whelan **	8.57	2.55	6.02	12	*22	12	46	16 th
Mairead Moore	--	1.40	--	--	3	*16		
Aisling Leonard	--	1.05	--	--	6	*16		
Daphne Hancock	--	2.20	--	*30	14	14	58	
Margaret Murtagh	--	5.40	--	*30	18	*16	64	
Elizabeth Tunstead	--	5.45	--	*30	19	*16	65	
Mary Brennan	--	6.00	--	*30	21	*16	67	
Eileen Cantwell	--	0.18	--	*30	*22	5	57	
Siobhan Kealy	--	2.25	--	*30	*22	14	66	
Teresa Agar	6.32							
Lisa Champion	6.57							
Pauline Agar	7.15							
Deirdre Brennan	7.43							
Sara Delaney	7.46							
Josephine Brennan	8.20							
Audrey Hughes	8.42							
Caroline Hughes	9.03							
Anita Brennan	9.03							
Breda McHugh	9.06							
Kathleen O'Neill	9.27							
Michelle Nolan	15.55							

Thanks to everyone who turned out. *Denotes athlete missed stage and was allocated next position to last. ** Spot Prizes. Sorry to those that turned up for final stage not being included in overall league result.