

## St Abban's Athletic Club News

1<sup>st</sup> January 2015

### Stephen Romps to Victory on Stephen's Day

Conditions were rough for the 'DOC' Delaney cup and the 'Jack Mealy' cup Annual club runs over the Turra triangle. With the boys U.14 participating in the 1 lap event with the ladies it was Tom Buggy who showed an improvement of over 1 minute on his previous best recording 5.36 Colette English was 1 second off her P.B. which was set way back in 1991 when she ran 5.51 Maire Griffith was next across the line followed by a rejuvenated Ailish Brennan with Cara Maher 5th and T.J. Burke 6th. Eileen Cantwell, home from Australia, showed things are going well for her running 6.27. The most improved performance came from Colette Brennan R/M who finished in 35th place in a time of 8.52 to put her name on the Jack Mealy cup.

The men's event over 3 laps of the circuit saw Stephen Lawlor out of the traps and away in the first 100 meters. Keeping up a savage work rate he continued to put daylight between himself and the rest of the field to improve his P.B. by 25 seconds for a time of 13.43 which moved him into the top 5 all time club performances. The current top 5 are:- Colm Burke 13.17, Seamus Lawlor (Stephen's dad) 13.19, Eamon Kelly 13.28, John Fennelly 13.32 and Stephen Lawlor 13.43. Our guest competitor Irish International David McCarthy started 1 minute behind the others and had a fine run to clock 13.06 to finish 2nd across the line followed by Cormac Kelly running a P.B. of 14.17 and the much improved junior James Moore also in P.B. form clocking 14.24 Bernard Graham showed an improvement of 2.21 on his last performance over the course finishing 19th across the line in a time of 17.39, to take the 'DOC' Delaney cup from Sean Kinsella and Stephen Lawlor. In the team section 'B' came out on top with Cormac Kelly, James Griffin, Mary Ann O'Sullivan, Fionn Maher and David Baldwin from the 'G' squad of Stephen Lawlor, John Fenlon, Eoin McDonald, Rob Kiely and Sean Kelly. Many thanks to all who braved the elements and special thanks to Marie and John Behan for facilitating us on the day.

### Club A.G.M.

All are welcome to come along to our A.G.M. on Monday night next the 12th January at 8 p.m. in the clubhouse. It would be nice to see some new faces as we review another outstanding year for the club and its members and plan for the future.

### Indoor High Jump

Indoor high jump gets under way on Saturday mornings in the clubhouse commencing on the 10th January at 10.30 All over 12 are welcome.

### Club Membership

Club membership fees for 2015 are now due and it would be much appreciated if same could be looked after a.s.a.p. Fees are the same as they have been for the past 5 years. Application forms available in the clubhouse or can be downloaded from website.

### **. St. Stephens Day Road Race 2014 - WOMEN & JUVENILE RESULT** **Incorporating 'Jack Mealy Cup' – Most improved Female on 2012 Performance**

Pl.	Name	2012	2014	Imp.	Cup	P.B.	Year Achieved
1.	*Tom Buggy	6.42	5.36	1.06		5.36	2014
2.	*Colette English	----	5.51			5.50	1991
3.	*Maire Griffith	5.55	6.04	- 0.09		5.55	2012
4.	*Ailish Brennan	5.43	6.06	- 0.23		5.43	2012
5.	Cara Maher	----	6.23			6.23	2014
6.	T. J. Burke	----	6.25			6.25	2014
7.	Eileen Cantwell	----	6.27			6.27	2014
8.	*Laura Graham	6.55	6.40	0.15	6 <sup>th</sup>	6.40	2014
9.	*Sinead O’Gorman	----	6.42			6.42	2014
10.	Caitriona McDonald	----	6.45			6.45	2014
11.	*Ann Nicholl	7.33	6.53	0.40	3 <sup>rd</sup>	6.53	2014
12.	Maeve Maher	----	6.54			6.54	2014
13.	Seoighe English	----	6.55			6.55	2014
14.	Jade Nolan	----	7.01			7.01	2014
15.	*Orla Davis	7.30	7.02	0.28	5 <sup>th</sup>	7.02	2014
16.	Katie Bermingham	----	7.03			7.03	2014
17.	Caoimhe Fitzpatrick	----	7.04			7.04	2014
18.	Sharon Buggy	----	7.07			7.07	2014
19.	*Nicola O’Gorman	----	7.14			7.14	2014
20.	Mikayla Kelly	----	7.14			7.14	2014
21.	*Jiboleba Logun	----	7.22			7.22	2014

22.	Rebecca Fenlon	----	7.23			7.23	2014
23.	*Orla Kelly	7.57	7.27	0.30	4 <sup>th</sup>	7.27	2014
24.	Shane Buggy	----	7.28			7.28	2014
25.	Laura Buggy	7.04	7.29	-0.25		7.04	2012
26.	*Deirdre Brennan		7.47			??	
27.	Sarah Graham	----	8.07			8.07	2014
28.	*Emma McDonald	----	8.09			8.09	2014
29.	Fiona McDonald	----	8.10			8.10	2014
30.	Amanda Brennan	8.04	8.16	-0.12		8.04	2012
31.	*Jack Milton	----	8.19			8.19	2014
32.	Carmel Hughes	8.02	8.20	-0.18		8.02	2012
33.	Aoibhin McDonald	----	8.25			8.25	2014
34.	*Marie Behan	9.31	8.33	0.58	2 <sup>nd</sup>	8.33	2014
35.	Colette Brennan R/M	14.29	8.52	5.37	1 <sup>st</sup>	8.52	??
36.	*Michelle Harrington	----	9.00			9.00	2014
37.	Sinead Milton	----	9.03			9.03	2014
38.	Evan English	----	9.12			9.12	2014
39.	Matt Kelly	----	10.12			10.12	2014
40.	Ellen Graham	----	11.02			11.02	2014

*\* Indicates received a prize i.e. top 3 and 13 spot prizes. Improvements show that 6 ladies showed an improvement while a number of the boys U.14 also showed big improvements. Jack Mealy Cup. Apologies to Ann Nicholl and Colette Brennan R/M for making a cock up of the presentation of the Cup. 2014 – Colette Brennan, 2013 – Breda Mulcahy, 2012 – Laura Graham, 2011 – Carmel Hughes, 2010 – Ailish Brennan, 2009 - Maria Behan, 2008 – Mary Brennan, 2007 – Avril Murphy and 2006 & 2005 – Claire Phelan.*

**2014 – St. Stephens Day Club Road Race**  
**MEN'S RESULT – Paddy 'DOC' Delaney Cup – Most Improved on 2012 Performance**

Pl.	Name	2012	2014	Imp	Cup	P.B.	Year Ach	Team
1.	*Stephen Lawlor	14.08	13.43	0.25	3 <sup>rd</sup>	13.43	2014	G1
2.	**David McCarthy	----	13.06			13.06	2014	J1
3.	*Cormac Kelly	----	14.17			14.17	2014	B1
4.	*James Moore	----	14.24			14.24	2014	E2
5.	*John Fenlon	14.32	14.42	-0.10		14.32	2012	G2
6.	Aran Murphy	----	15.13			15.13	2014	K2
7.	*James Griffin	14.39	15.19	-0.40		14.39	2012	B2
8.	James Nolan	----	15.21			15.21	2014	H2
9.	*Mary Ann O'Sullivan	----	15.27			15.27	2014	B3
10.	Cian Kelly	----	15.44			15.44	2014	A2 (C2)
11.	*Kevin Brennan	----	15.55			14.48	2011	D2
12.	*Conor Barry		16.05			15.26	2011	E3
13.	*Eoin McDonald	----	16.33			16.33	2014	G3 (F4)
14.	*Sean Kinsella	17.14	16.39	0.35	2 <sup>nd</sup>	16.39	2014 ?	D4
15.	Bernard Horahan	----	16.45			16.45	2014	F5
16.	Niall English	----	16.52			??		H3
17.	Dorel Picovici	----	17.05			16.53	2011	A1 (C4)
18.	*Fionn Maher	----	17.29			17.29	2014	B5
19.	Bernard Graham	20.00(21.54)	17.39	2.21	1 <sup>st</sup>	15.42	2007	J3
20.	*Paraic Bolton	17.08	17.43	-0.35		15.49	2001	D3
21.	Francis Fleming	17.40	17.44	-0.04		17.24	1997	K3
22.	Jack Lacey	----	18.25			18.25	2014	H4
23.	*Rob Kiely	----	18.37			18.37	2014	G5
24.	Sean Brennan	----	19.21			19.24	2014	K5
25.	*Dick Mullins	----	20.11			13.45	1983	E5
26.	*Ollie Keating	----	20.37			20.37	2014	E4
27.	*Sean Kelly	20.00(23.00)	20.38	-0.38		16.55	1988	G4
28.	Joe Farrell	----	20.54			16.42	2006	K4
29.	Michael Lyons	20.00 (21.16)	20.59	-0.59		20.59	2014	A3
30.	Ollie Farrell	----	21.02			21.02	2014	J4
31.	*David Baldwin	----	21.05			21.05	2014	B4
32.	Patsy Baldwin	19.33	21.10	-1.37		15.32	1989	A5
33.	*Dinny Whelan	20.00 (20.50)	21.34	-1.34		14.05	1983	D5 (C5)
34.	Andrew Harrington	----	23.29			23.29	2014	H5
35.	Paddy Harding	20.00 (21.20)	24.12	-4.12		14.05	1983	J5
36.	Dean Malone	----	25.32			25.32	2014	A4

*\*Designates prize winner. \*\* Started 1 minute after the race official start.*

*The Paddy 'DOC' Delaney Cup is awarded to the most improved performance on the 2012 year (due to icy slip road in 2013 – used different course) and shows the following:*

*Stephen Lawlor improved by 25 seconds, Sean Kinsella by 35 seconds and Bernard Graham by 2 minutes and 21 seconds and the 2014 holder of the cup.*

*2013 – saw Stephen Lawlor take the cup, 2012 – Seamus Brennan, 2011 – Martin Kelly, 2010 – Matt Moore, 2009 – James Brennan, 2008 & 2007 – Daniel Aylsbury, 2006 – Colm Burke, 2005 – Michael McLoughlin and 2004, 2003 & 2002 – Colm Burke.*

*\*\*David McCarthy's time of 13.06 is the 3<sup>rd</sup> fastest over the course just 1 second behind the 'CZECH' twins. Stephen Lawlor's 13.43 sees him move to 5<sup>th</sup> overall on the club's performance just ahead of Dick Mullins on 13.45, with John Fennelly 4<sup>th</sup> overall on 13.32, Eamon Kelly 3<sup>rd</sup> on 13.28, Seamus Lawlor 2<sup>nd</sup> on 13.19 and Colm Burke the leader on 13.17.*

*Thanks to everyone who turned out on a miserable day and special thanks to Marie & John Behan for facilitating us once again, it is much appreciated. Happy New Year to everyone.*

Team Result 4 to score.

<i>1<sup>st</sup> B</i>	<i>3, 7, 9, &amp; 18 (31)</i>	<i>=</i>	<i>37 pts. Cormac Kelly, James Griffin, Mary Ann O'Sullivan, Fionn Maher &amp; David Baldwin.</i>
<i>2<sup>nd</sup> G</i>	<i>1, 5, 13, &amp; 23 (27)</i>	<i>=</i>	<i>42 pts. Stephen Lawlor, John Fenlon, Eoin McDonald, Rob Kiely &amp; Sean Kelly.</i>
<i>3<sup>rd</sup> E</i>	<i>4, 12, 25 &amp; 26</i>	<i>=</i>	<i>67 pts. James Moore, Conor Barry, Dick Mullins &amp; Ollie Keating.</i>
<i>4<sup>th</sup> D</i>	<i>11, 14, 20 &amp; 33</i>	<i>=</i>	<i>78 pts. Kevin Brennan, Sean Kinsella, Paraic Bolton &amp; Dinny Whelan.</i>
<i>5<sup>th</sup> K</i>	<i>6, 21, 24 &amp; 28</i>	<i>=</i>	<i>79 pts. Aran Murphy, Francis Fleming, Sean Brennan &amp; Joe Farrell.</i>
<i>6<sup>th</sup> H</i>	<i>8, 16, 22 &amp; 34</i>	<i>=</i>	<i>80 pts. James Nolan, Niall English, Jack Lacey &amp; Andrew Harrington.</i>
<i>7<sup>th</sup> J</i>	<i>2, 19, 30 &amp; 35</i>	<i>=</i>	<i>86 pts. David McCarthy, Bernard Graham, Ollie Farrell &amp; Paddy Harding.</i>
<i>8<sup>th</sup> A</i>	<i>10, 17, 29, &amp; 32 (36)</i>	<i>=</i>	<i>88 pts. Cian Kelly, Dorel Picovici, Michael Lyons, Patsy Baldwin &amp; Dean Malone.</i>