

St Abban's AC

1st June 2016

National Record for Saragh

The AAI games were held in favourable conditions recently in Santry and several club members produced the goods. Jamie Pender ran a P.B. of 11.28 for 100m, with Tom Barry registering 12.40, Cormac Kelly having ran 1-55.14 for the 80m0 in the Graded Meet on Wednesday improved to 1-52.63 and 2nd place on Sunday. Conor Daly was 2nd in both the Pole Vault (3.60) and the Triple Jump (12.81). Shauna Daly ran 13.48 and 27.56 for the 100m and 200m respectively. Stephen Lawler was 4th in the 3K in 8-38.72. The star of the show was Saragh Buggy setting a new National U.23 record for the Triple Jump of 12.88m – the 13m is just around the corner!

Eoghan Goes Sub 50

Saragh's brother Eoghan has been giving it everything over the past 5 years and at long last things are starting to come around. He ran in the Graded Meet on Wednesday, winning the 400m in 51.08 He decided fresh from his exams to go to Belgium and give it a go and it certainly paid off having a brilliant run and winning in style with a big new P.B. of 49.60 - looks good so early in the season.

Paul Byrne represented his adopted club Birchfield Harriers in the European clubs final (which they won – Paul's first European gold medal) in Portugal and came away with a winner's medal and a time of 51.68 for the 400m hurdles. Brian Kelly decided to go to Watford for the British milers club 800m and ran himself into a new P.B. and a club record when finishing 3rd in the 800m in an excellent time of 1-49.21. With the three of these and a couple of more club members we should see some fire work's over say 600??

Colette leads them home

The Carlow scouts promoted event in Carlow saw Colette English chalk up another victory in the ladies section and 7th overall. Other club members to shine included Mark Wogan, Michael Nash, Deirdre Brennan and Sharon Buggy.

Downey's Auto Day 2 Laois T & F

Day 2 of the Laois Track & Field, hosted by the club at Monavea ,saw an improvement in numbers on the previous evening, with the club having well over 30 individual medallists with several of them securing a number of medals. It was great to see so many on the rostrum especially those that medalled for the first time. Having said that quite a number were missing due to other commitments. Ruby Millet 1st L.J. & T.J., Matthew Rossiter 1st L.J. 1st T.J. and 3rd discus. Lee Murray 3rd in the H.J. as was John Farrell. Sarah Graham 1st shot and discus, T. J. Burke 2nd H.J., Josh McDonald 2nd H.J. & 3rd shot, Shane Buggy 1st shot, Coady Tunstead 1st shot, Ivan Jones 1st discus and 3rd shot, Howard Jones 3rd discus, Tom Buggy 2nd shot and 2nd 800, Cian Kelly 2nd javelin, Fionn O'Sullivan 2nd 300, Timmy Byrne 3rd 300, Jack Fenlon 1st 600, Adam Buggy 3rd 600, Aoibhin McDonald

2nd 600, Seoighe English 1st 800, Caragh Maher 1st 800, Maebh Maher 1st 1500, Aoife Gallagher 3rd discus, Becky Fahy 2nd discus, Laura Graham 2nd 1500, L.J. & T.J. Patsy Baldwin 1st H.J. Lauryn Kealy 1st 200, Saragh Buggy 1st L.J. & T.J., Conor Daly 1st L.J. & T.J., and David Baldwin 2nd T.J. and 3rd L.J. The performances in the relays showed strength in depth with a 1, 2 & 3 in the G.U.10, 1st in the B.U.10, 1st & 3rd in the G.U.12, 1st in the B.U.12, 3rd in both the G.U.14 and the B.U.14. It was 1st for the G.U.16 and 2nd for the B.U.16 Thanks to all that turned out those that officiated and to coaches and parents ensuring things ran off well.

Celebration Evening

To mark the special occasion where we have two club members achieving the qualifying standards for the European senior championships a presentation will be made to Barry Pender and Paul Byrne at our annual BBQ in the clubhouse on the 26th June @ 7.30pm. Tickets are available from Breda Daly and Bernard Graham, while if you want to be associated with the presentation you are welcome to contact either Breda or Bernard.