

# St Abban's Athletic Club News

1<sup>st</sup> October 2014

## Team Titles on the Double

The middle distance squad currently available in the club made a wonderful start to the new season when they traveled to the capital and came away team champions in the highly rated Rathfarnham 5K road race. Packing wonderfully they finished almost together with Stephen Lawlor 15<sup>th</sup> in 15.13, Brian Kelly 16<sup>th</sup> in 15.24, Cormac Kelly 17<sup>th</sup> in 15.24 and Danny Lawlor 18<sup>th</sup> and 1<sup>st</sup> junior in 15.27 for a total of 66 points to gain a significant victory for a country club. The junior men followed in their foot steps stepped up to the mark and duly completed the double with James Moore 30<sup>th</sup> (2<sup>nd</sup> junior) in 15.54 a big P.B., Cian Kelly 65<sup>th</sup> in 17.05 and James Tyrrell 76<sup>th</sup> in 17.17 It was an excellent outcome for the green, white and gold.

## Cheryl of to a good start

Cheryl Nolan made a great start to the new season in the U.S.A. when she finished 3<sup>rd</sup> in a 6K conference run in a fine time of 22 minutes and 5 seconds. Starting steadily she moved into the top 10 around the half way mark and progressed smoothly to the finish just short of nailing 2<sup>nd</sup> place on the line. A nice opening to the new season.

## Danesfort 10K crown for Teresa

Teresa Agar again showed excellent form to win the Danesfort 10K in just over 39 minutes. Other club participants included Francis Fleming (senior) registering in the masters in a time just over 40 minutes. Marc Wogan was just over 45 while Maura Fleming did the 5k.

## New Faces

The club cross country was moved to the track at the last minute and we were delighted to see some new bodies arrive to sample the sport. Naturally we have plenty of room for more and if your interested your welcome along to any of the many club sessions, with the main sessions taking place on Tuesdays and Fridays. The girls U.10 saw Katie Brennan 1<sup>st</sup>, from Niamh Graham, Katie Baldwin, Rachel Ayres, Danielle O'Driscoll, Jessica Murray and Cara English. In the boys it was Evan English from Lee Murray, Peter Grogan, Jack Milton, Fionn O'Sullivan and Sean O'Sullivan. Girls U.12 it was Amy Brennan from Seoighe English while Darragh Kealy from Sean O'Driscoll, Cody Corrigan and Shane Buggy in the boys. Orla Kelly was the victor U.14 with Laura Graham U.17, Siobhan Nash junior, Colette English senior, Kay Bermingham O.35 and Teresa Kelly O.45. Boys U.17 saw Jack Lacey come home clear from Conor Hayden, Dean Malone, Niall Egan and Ger Kelly. Junior it was Aaron Murphy from Cian Burke and David Baldwin. The senior went to Dermot Ayres from James Nolan and Mark Murray with Niall English O.40, Sean Kelly O.59 and Dick Mullins O.60 from Dinny Whelan and Paddy Harding.

## Secondary school league

It was great to see record field's turnout in Knockbeg for round 1 of the three county secondary schools league. As well as the massive field's the competition was red hot and it was great to see so many club members mixing it at the front. Congratulations to all concerned and best wishes in round 2 in Newbridge on the 16<sup>th</sup> October.

## Members Draw

Saturday next the 11<sup>th</sup> October the first of our members draws takes place in the Glenside, Killeshin. If you have not joined as yet please contact any committee member and get yourself sorted.

*Ballyroan next on the list*

The 2<sup>nd</sup> stage of the Laois credit Unions county cross country championships are scheduled for Ballyroan on Sunday next 12<sup>th</sup> October commencing at 11.00 The programme gets under way with the girls U.9 followed by the boys U.9 and all the uneven ages through to the U.19 followed by the intermediate men and women. Come along and support the crew.