

St Abban's AC

3rd Feb 2016

Daena & Saragh Strike Gold

The GloHealth National junior and U.23 indoor championships were held in the International Arena in Athlone over the weekend. We had 8 athletes competing and they all acquitted themselves well. Craig Coffey made a welcome return to competition and finished 5th in the H.J. with 1.80, Eoghan Buggy ran 50.80 for 2nd in his heat in the 400 narrowly missing qualification for the final. It was 5th also for Conor Daly with 13.21 in the T.J. Aran Murphy ran 2-02.40 for 6th in the 800 with his teammate James Moore hot on his shoulder for 7th in 2-02.66 Jamie Pender was in flying form with P.B's in the 60 in 7.39 seconds and the 200 in 23.24 which qualified him for the final. Unfortunately drawn in the inside lane he had a slight pull going down the back straight and had to pull up. Daena Kealy opened her season in fine style with a first time clearance at 1.60 to win the high jump. Team captain Saragh Buggy also started her season in style with almost a meter to spare from silver medallist when registering 12.36 to win the triple jump.

In the league final on Saturday our performances included:- Craig Coffey 1.85 in H.J., Barry Regan 24.24 for 200, with Katie Brennan clocking 28.27 and Shauna Daly 27.86 seconds.

Maire 1st in Carlow

The Charlie Curran memorial 5K and 10K road races were decided around Oak Park Carlow on Sunday. Maire Griffith was 9th across the line and 1st lady in the 10 K in a time of 41-02, with Ned Buggy 118th in 1-11.38 In the 5k Peter Baldwin was 6th in 19.26 with Laura Graham 25th and 3rd junior in 23.02 and Michael O'Connor 55th in 24.40.

Mary Ann O'Sullivan had a fine run in the Raheny 5 mile finishing 115th across the line in a class field and 9th lady in a time of 29-38.

Sharon Buggy made the trip to Waterford and finished 154th in the Ferrycarrig 5 miles in 40.26, while Dinny Whelan was 19th in the Vicarstown run in 25.59.

Welcome

Many thanks to all those who have paid their 2016 membership, it is much appreciated. A big welcome to those who joined the club for the first time and hope you have many hours of enjoyment.