

## **St Abban's Athletic Club News**

3<sup>rd</sup> June 2014

### **Five out of Five ain't bad**

The AVIVA All-Ireland schools championships were decided in the beautiful setting of Tullamore Harriers on a majestic day for Track & Field competition. The club had five athletes performing representing five different secondary schools and all five came away with personal best's and medaled into the bargain. Clare Delaney, in the colors of St. Leo's, Carlow showed the benefit of her winter's work under the watchful eye of Michael Hyland to clear 2.40m in the pole vault and the bronze medal for good measure. Kevin Wilson was over 1.75m and was very unlucky with 2 attempts at 1.80m, to bring the bronze medal back to Castlecomer Community school.

Danny Lawlor Presentation College, Carlow was in the race of the day where the new middle distance sensation of Irish athletics Harry Purcell, went at it from the gun to set a new schools record for the 800m of 1-49.62 with Rob Tully in the silver medal position also getting the 'B' standard for the world juniors. Danny ran a controlled race throughout and came home to take the bronze behind two very talented athletes. Daena Kealy was unlucky in the high jump taking the silver losing out on count back for the gold. The Borris lady has been making steady progress and is sure to go higher. Portlaoise's Christ Ri, Aoife Campion was out smartly from the blocks and was a clear silver medalist clocking 40.56 seconds for the 300 meter's and guarantee her a place on the Leinster Tailteann Games scheduled for Santry, Dublin on the 21st June. Congratulations to all the athletes and coaches for getting it right on the big day.

### **University Crew in Scotland.**

Our 3rd level athletes were selected on the Irish University team for the Celtic Cup match against Scotland in Falkirk and the Kelly gang were out in strength. Brian as usual gave it everything in the 800m for 2nd in 1-53. Cormac was experiencing this level of competition for the first time and with a massive finish came through the field to take silver in the 1500m in 3-58 for a new P.B. Eoin was also in P.B. form setting a new club record in the long jump when finishing 2nd with 6.89m (getting ever closer to that 7 meter) while it was 2nd also in the triple jump with 14.14m. Emma Daly was our sole lady with Saragh Buggy having to withdraw with a slight ankle injury and it was silver for Emma in the javelin and bronze in the hammer.

### **Barry on the Double**

The Leinster U.23, senior and masters were decided in Tullamore on Sunday. Barry Regan had a double winning the U.23 100m and 200m in 11.14 and 23.26 respectively. Conor Daly was an easy winner of the triple jump. Katie Brennan was 3rd in the U.23 100m in 13.07 and while 4th in the 200m went under 27 on this occasion clocking 26.97 for a new P.B.

John Territt was the dominant force in the Master's throwing winning the hammer 34.11m, the javelin 32.15m, 2nd in discus 31.40m, 2nd weight for distance 6.25m and 3rd in the shot with 9.34m. Shauna Daly won the senior discus and was 2nd in the shot. The big surprise of the day was the fantastic performance of James Moore in the senior 800m. Having being injured and out of sorts for the past year and a half James stuck at it and is in fantastic form at the moment. While not acknowledged for the 800m, where he favors the longer distance, it was speed that was required and what we got. With a new found confidence he took them on as they came to the bell in 59 seconds. Down the back straight he put daylight between himself and the rest of the field and came home to a comfortable victory in a new P.B. of 2-00.67 - a marker for the future.

### **Paul has a seasons best**

Paul Byrne made the trip to Belgium for the IFAM International a successful one when he recorded a fine time of 52.07 seconds for the 400m hurdles when finishing 5th in his race. Thomas Barr set a new National record at the meet for the 400m hurdles.

### **JFSports League Round 3 for Newtown**

Round 3 of the Fit4Life league visits Newtown on Wednesday 11th June. Again all are welcome, registration from 6.15pm, why not bring along your friend to walk, jog or run.

### **Community Games**

The Laois finals of the county community games athletics will take place at the club grounds on Sunday the 15th June. Come along and support the locals.

### **Teresa 21st from 40,000**

Teresa Agar had an outstanding performance when finishing in 21st place in a time of 39.05 from a field in excess of 40,000 in the Flora Women's Mini-Marathon in Dublin. A running machine at this stage Teresa has performed admirably on cross country and road and scarcely misses an event. This shows she can mix it with the best. Many congratulations to all the other club members that enjoyed the Dublin trip.