

## St Abban's Athletic Club News

3<sup>rd</sup> September 2014

### **Teresa continues to set new marks**

Teresa Agar moved up another gear when finishing a fine 3<sup>rd</sup> in the Quinlan cup Tullamore Harriers half marathon on Saturday last. Setting off at a steady pace she was among the top half dozen ladies for the first half of the event. Feeling good she shoved on in the second half of the event and gained a podium position over the last mile along with a new P.B. of 1-23.50 and crossing the line in 39<sup>th</sup> place overall and 3<sup>rd</sup> lady home. Well supported by Lynda Fay clocking 1-39.14 in 165<sup>th</sup> place, Caitriona McDonald 207<sup>th</sup> in 1-43.09 and Carmel Hughes 559<sup>th</sup> in a time of 2-30.58 gave us 4<sup>th</sup> ladies team overall. Mark Wogan was 239<sup>th</sup> in a time of 1-45.04 and Sean Kelly 302<sup>nd</sup> in 1-51.27 showed that things are progressing nicely for the Dublin marathon. Stephen leads team to runners up spot

The annual Rockford road race promoted by Tinryland brought a fine crowd to the Carlow village last Saturday evening. Stephen Lawlor started slowly and gradually moved through the field to eventually finish in 3<sup>rd</sup> place behind two Raheny Shamrocks Internationals in a new P.B. for the course of 20.22. Young James Moore was our next member across the line finishing 12<sup>th</sup> overall and 1<sup>st</sup> junior in 21.24, with another of our younger group David Lawler 19<sup>th</sup> and 2<sup>nd</sup> junior in 22.00 and with James Nolan getting the better of Peter Baldwin over the last 400 to secure his place on the team finishing 26<sup>th</sup> in 23.36 for 2<sup>nd</sup> team it marked a great performance from a very youthful team. Peter Baldwin was 27<sup>th</sup> in 23.39 with Maire Griffith 46<sup>th</sup> in 25.52 and 7<sup>th</sup> lady and Ann Nicholl 99<sup>th</sup> in 31.40 completing our representation. Congratulations to the juveniles that came along and took part in the juvenile event.

### **Colette first on home ground**

Killeshin ladies moved into new territory staging a 4K league. Round 1 last week saw Colette English romp home in the ladies with Bernard Graham 2<sup>nd</sup> in the men.

### **Laois cross country dates**

The recent county board meeting saw significant changes to the normal cross country fixtures. The novice and even ages are scheduled for Emo Court on Sunday 5<sup>th</sup> October, with the intermediate and uneven ages the following Sunday 12<sup>th</sup> October in Ballyroan, while the senior and the juvenile relays are fixed for the 2<sup>nd</sup> November in Stradbally.

### **Primary Schools**

The local primary schools cross country will take place at the club grounds on Wednesday 17<sup>th</sup> September commencing at 12.15 All local schools have been notified

and further details are available from the clubhouse. Looking forward to your school taking part.

### **Congrats Gillian**

Congratulations are extended to Gillian Buggy who recently completed an introductory coaching course. Anyone else interested in qualifying as a coach please let any club official know a.s.a.p.

### **Laois Sprints Academy**

Following last years successful venture the county board are getting this years off the ground in the next couple of weeks. Anyone interested ask for details and an application form at the track. Fee is €50 covering 24 sessions.