

St Abban's Athletic Club News

4th February 2015

Barry continues to climb

Once again we had some good performances when the AAI International games were held in the Athlone International Arena on Sunday last. Paul Byrne had a season opener over 400m where he went sub 50 and finished 3rd in his heat. Eoghan Buggy had another outing over 400m and Jamie Pender and Barry Regan worked out over 60 meters. It was left to Barry Pender to deliver a victory and this he did with another clearance of 2.10 meters to win the high jump.

Fisherstown Double

The Laois Credit Unions Novice road championships were decided in Fisherstown where the course had to be altered at the last minute due to icy conditions. Never-the-less everything went well and all club members came up to the mark. In the ladies event over 3K, Ailish Brennan was back in action and had a fine run for to take the individual silver medal and lead her team to victory. Caitriona McDonald had a fine run for 5th with Margo Dowling 9th and Ann Nicholl/Waugh improving with a fine 11th . Support was provided by newcomer Deirdre Lawlor 17th, Carol Brennan 20th and Deirdre Brennan 24th.

The men's event saw Stephen Lawlor deliver a quality performance to come home with 50 seconds to spare to take the title and to lead the men to victory in the team. Another newcomer Gary Cantwell displayed some nice touches and a great performance to finish in 5th place with Aran Murphy and James Nolan 7th and 8th respectively, another team title was delivered. James Tyrrell played the supporting role going out hard and finishing in 15th place.

In the juvenile race over 1km Evan English 21st and his sister Seoighe 13th ran well as did Laura Graham 10th and Cian Kelly 1st with a fine time of 3:23.

Athletes deliver in the Snow

With blizzard like conditions of sleet and snow and gale force winds it ensured that the medals were hard fought for when the South Leinster secondary schools cross country championships were decided on the grounds of The Cistercian College, Roscrea last Wednesday. With over 25 club members representing eight schools they performed well with several qualifying for the Leinsters in Santry on the 11th February. Our representatives included:- Jade Nolan, Caoimhe Fitzpatrick, Ciara Harrington, Nellie Dempsey, Orla Kelly, Jack Lacey, Niall Egan, Gerard Kelly, Oisin Ryan, Laura Graham, Maeve Maher, with Aoife

Campion 12th, David Lawler 6th, Aran Murphy 12th, James Tyrrell 10th, Tom Buggy 9th Cian Kely 4th, Cara Maher with a brilliant run 2nd and James Moore also very impressive when finishing 2nd. Best wishes to all going to Santry. A classic photograph doing the round's made sure that Aran Murphy was the pin-up of the week.

Burke in fine form in Dungarvan

The John Treacy 10 mile classic was decided on the roads of Dungarvan on Sunday last. We had 6 athletes making the trip. Patsy Baldwin was 1,302nd in 94.13 with Sharon Buggy 997th in 84.41. Conor Barry was 93rd in a fine time of 62.13 with Dermot Ayres 80th in 61.19 and Colm McEvoy 68th and 4th in his category in 60.34 while the man himself Colm Burke was 14th across the line in an excellent time of 54 minutes and 51 seconds and the winner in the O.45 category. Averaging 5.5 minutes per mile it was a proud man that stepped forward to receive his prize from the Olympic marathon silver medalist John Treacy.

Assistant Coach

With the increase in numbers we would like to see some parents or former members getting involved in club coaching. It is hoped to have an assistant coach course on the 28th February. Anyone interested please call to the clubhouse a.s.a.p.