

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

5<sup>th</sup> February 2014

### **AAI Games Great Success**

Athlone I.T. was the venue for an excellent day of athletics when several international athletes mixed with the best of the home talent when the AAI games were held. Club members fared well throughout the day and several seasonal bests were posted. Eoghan Buggy posted 23.86 seconds for the 200m, with Paul Byrne clocking 23.07 and Barry Regan continued his fine form with a new P.B. of 22.70 when winning his race. Paul Byrne had the satisfaction of finishing 2nd in the 60m hurdles clocking 8.48 seconds. It was P.B. time for Katie Brennan with 8.11 for the 60 metres. Emma Daly was 4th in the shot with 9.77m while sister Shauna was 2nd with a distance of 10.50m. It was 4th place also for Saragh Buggy with a leap of 5.48m in the long jump. Conor Daly was a fine 2nd in the triple jump with 13.42m while Eoin Kelly had a great day scoring a P.B. of 6.75 metres in the long jump and winning the triple jump with 14.46m. All round some nice performances and things are looking good for the National seniors next weekend on the 15th & 16th February. All support welcome.

### **Leinster Indoors Day 1**

While our numbers were down on previous years we had some fine performances when Day 1 of the Leinster Indoor championships were decided in Athlone. Tom Buggy had a great race to qualify easily for the 800m final where he never recovered from a bout of sickness for the final finishing 11th and recording 2-29.72. Cian Kelly won his heat and qualified easily and despite a massive finish had to settle for 4th clocking 2-16.15. Daena Kealy also won her heat when qualifying and despite giving it everything it was 6th in the final in 2-34.90. Cara Maher did the business qualifying 2nd in her heat and then having a superb run in the final to collect the silver medal in a time of 2-36.71 for the 800m, a new P.B. and qualification for the All-Irelands. David Lawler was 8th in the U.18 1500m in 4-42.25, James Moore was back with a bang recording 4-21.83 when taking the bronze in the U.19 1500m. Kevin Wilson was the silver medalist in the U.18 triple jump with 10.24m while it was silver also for Anna Daly in the U.18 triple jump and 4th in the 1500m walk in 8-53.72. All in all a good day and nice to see those that don't normally make the podium taking some Leinster silverware home and quite a few P.B.'s. Thanks to the coaches and parents for the effort put in.

### **South Leinster Schools**

A large number of club athletes turned out to represent their school in the South Leinster cross country championships in difficult conditions in Roscrea during the week. The highlight performance from the club was the fine run by James Moore to take the silver in the senior boys and lead Knockbeg to 2nd team with Aran Murphy also scoring. Cian Kelly was 2nd also when running in the junior event and also leading Knockbeg to silver. Congratulations to all the club members that turned out and best wishes to those that qualified for the Leinster's.

### **Club Membership**

2014 club membership fees are now overdue. To date 184 members have been registered. It would be much appreciated if those that have not all ready signed up would please look after same – application forms available in the clubhouse or on the St Abban's AC website. Fees are the same as 2013. Thanks for your co-operation. New members are always welcome.