

# St Abban's Athletic Club News

5<sup>th</sup> Aug 2015

## Interested in Pilates?

Now is the ideal time to sign up for a new hobby and get active for the coming season. A class in pilates takes place in the clubhouse every Thursday evening commencing @ 8 o'clock. So why not come along and give it a go?

## 3<sup>rd</sup> in Ireland.

Our senior men pulled out all the stops to take the bronze medals in the Premier division of the GloHealth National league. Getting off to a disastrous start which included Cormac Kelly withdrawing due to a dose picked up midweek, Eoin Kelly being disqualified in the first event of the day with a faulty start in the 110 hurdles (No points) The starting system continued to once again give trouble for the remainder of the day. While club captain Brian Kelly had no intention in running due to an injury he's carrying the last couple of weeks, with things the way they were he felt he had to give it a go. While it might have been the thing to do, in hindsight maybe not as he was not content to sit in the pack but followed on one of the Australian import's running for Clonliffe for 600 of the 800 race and paid for it down the home straight dropping to 5<sup>th</sup> place in 2-00.32.

From here on it got better with the other lads putting the shoulder to the wheel and when it came to the last event of the day we were in the top three just 5 points behind the Tipperary county team. Eoghan Buggy, Paul Byrne, Danny Lawler and juvenile protégé Jamie Pender finished a fine 2<sup>nd</sup> in the 4 x 400 behind the Clonliffe International stars and ahead of Tipp to finish on 96 points just three behind Tipperary.

Performances over the 21 events included:- 100 – Barry Regan 5<sup>th</sup> 11.30 (seasonal best), 200 – Jamie Pender 7<sup>th</sup> 23.33, 400 – Eoghan Buggy 5<sup>th</sup> 52.55, 1500 – Danny Lawler 3<sup>rd</sup> 4-09.76, 5000 – James Moore 6<sup>th</sup> 16-22.01 (P.B.), Walk – James Delaney 4<sup>th</sup> 17-36.66, Steeplechase – Stephen Lawler 2<sup>nd</sup> 9-47.38 (P.B.), 400 Hurdles – Paul Byrne 1<sup>st</sup> 53.01 (having flown in from Belgium on Sunday morning where he had finished 2<sup>nd</sup> in sub 51 seconds on Saturday), 4 x 100 – Barry, Eoin, Eoghan & Jamie 4<sup>th</sup> in 43.91, Long jump – Eoin Kelly 3<sup>rd</sup> 6.56 & 1<sup>st</sup> in the Triple Jump 14.40 (seasonal best), High Jump – Barry Pender 1<sup>st</sup> 2.00 & 6<sup>th</sup> Javelin 36.60, Pole Vault – Conor Daly 2<sup>nd</sup> 3.40 (Badly needed points), Shot – Aidan Kelly 6<sup>th</sup> 9.64 & Discus 4<sup>th</sup> 32.40, Hammer – Brandon Fennelly 6<sup>th</sup> 29.46 and 56 lbs for distance – Anthony Pender 6<sup>th</sup> 4.95 It was nice to see others present in good numbers if needed. We need to re-activate our ladies for 2016. Thanks lads for another memorable day in the National League.

## Lap of the Parish

It's approaching rapidly and we would like to welcome some bunting on the circuit if house owners could come on board. As part of the clubs 60<sup>th</sup> Anniversary celebrations hopefully it will be an enjoyable event. Registration in the clubhouse from 11.45 on the 30<sup>th</sup> August.

## Record turnout

Despite the weather it was a record turnout of 114 for the club's activity camp this past week. Plenty of headaches and new friends were matched with plenty of clothing and washing. Thanks to the 24 leaders, parents and sponsors Glanbia, Peter Condron Car sales and Eddie Brennan Scats and camp leader Liam Kelly for ensuring everyone had some fun.

National 10K saw Linda Fay and Carmel Hughes in the club colours and a number from the St. Fiacc's Fit4Life do the 'Rock & Roll' 10.

#### New Members

It's that time of the year again for anyone interested in taking up a new healthy and active past time. New members from 7 to 80 are welcome at any time to join the club. Training as usual on Tuesdays and Fridays for competitive athletes while walkers, joggers etc. are welcome on Mondays and Thursdays.

#### Round 7 of the JFSportsFit4Life league

Was held around the streets of Graiguecullen which saw the rain stop at 6.45 and 156 at the whistle @ 7.30 including a few drag Queens in various attire/outfits from Indians to Nuns. With the big guns missing it was the young lads that were to the fore with Niall Harvey having a second to spare over Cian Kelly, with Moira Griffith 1<sup>st</sup> lady. The final stage will be held in Monavea on Friday 21st August with a 7.30 start. Thanks to Fiacc's house all the St. Fiacc's Fit4Life crew and the local Garda for excellent assistance on the evening.