

St Abban's AC

6th April 2016

English Family to the Fore

Downey's Auto Laois senior road championships were decided on the Canal bank in Vicarstown. The club was well represented in the supporting juvenile races and the senior event. Cara English got us off to the perfect start winning the G.U.9 with Emily O'Reilly 9th. James Kovarova was 11th in the boys. In the G.U.11 Eabha Kehoe was 3rd with Tara Kovarova 4th. Evan English made it a double taking the B.U.11 title with Timmy Byrne 3rd and Lochlann O'Reilly 5th. It was a 3rd title for the English family with Seoighe an easy winner of the G.U.13 where she was supported by Maebh Gallagher 4th, Aoibhin McDonald 5th and Audrey Byrne 6th. Jack Fenlon was the victor in the B.U.13 with Roland O'Reilly 5th. Ciara Harrington was impressive taking the G.U.15 crown with Aoife Gallagher 4th, while T.J. Burke was 2nd in the B.U.15 The senior ladies was run over 4k and here Colette English showed a welcome return to top form to take the bronze medal and lead the team to 3rd in a closely fought battle. Colette clocking 15-37 for the trip, Caitriona McDonald was 9th in 16-35, Margo Dowling 10th in 16-40 and Sharon Buggy 17th in 17-44 for a score of 39 points the same as Portlaoise just losing the silver on the placing of the 4th finisher. Carol Brennan completed our squad in 22nd place in 19-08.

The senior men run over 8k saw the old man turn the clock back and do battle for the minor medals with Colin Maher Ballyfin a clear winner of his 3rd road championship medal this year. With 12 athletes locked together for the first half of the race Colm Burke was prepared to sit and sit and then deliver the knockout as only he can to take the silver medal over the last 800 meters, in a time of 26-59 and lead the club to silver in the team on 45 points the same as Ballyfin and 46 for Portlaoise 'B', so all places were vitally important. Colin Coyne had his best run in a long time recording 28-11 for 10th, with James Griffin making a welcome appearance and a fine performance in 15th place in a time of 28-55 while Liam Byrne completed the team in 18th place and a time of 29-30. Niall English completed our representation and the family turnout when finishing 23rd in 30-59.

Cheryl Moves Faster Than Ever Cheryl Nolan continued her good form with another new P.B. of 2-12 for the 800 in the Southeast Missouri State University meet when capturing the title and improving on her 11 year old previous best which was set when the club went to the Finlandia games back in 2005 to mark our 50th Anniversary.

Our Run With the Lions The club had good representation in the Carlow Lions club 5K and 10K last Sunday. Stephen Lawler broke 32 minutes for the first time when finishing 2nd in 31-58. Mairead Moore clocked 38-54 with Kate Bermingham 49-05, Peter Baldwin 18-59, Mark Wogan 19-31, Mary Boylan 24-10, Emma Baldwin 24-11, Jake Ryder 20-27, Maura Fleming 26-26, Shane Bolger 21-59, Sean Kelly 55-29, Ben Brennan 29-36, Noeleen Condron 33-56, Andrew Harrington 22-57, Luke Attride 23-39, Michelle Harrington 34-42 and Mary Whelan 38-32.

Looking forward to a good turnout Sunday next the 17th April will see all the local schools give it their best in the John Brophy sponsored Student Games. The programme gets under way @ 1.30 with Killeshin the defending champions. It is the 43rd running of the event and has been the starting event for many an athletes entry into athletics. All support appreciated, student games raffle takes place @ 3.00, cards available from Breda.