

## St Abban's Athletic Club News

6<sup>th</sup> May 2015

### **20th Annual Sports an Outstanding success**

They came from afar especially the hammer throwers to take part on what turned out to be a beautiful day on the Bank Holiday to Monavea. With 23 clubs securing medals some top class athletics was on show. The outstanding performances came in the hammer where the ladies winner Jade Williams, came from Wrexham in Wales and just won with a throw of 51.97 meters just in front of the Laois lady Seodhna Hoey who threw 51.73 meters. The men's hammer winner Brendan Donnelly came from Lifford in Donegal and threw 57.98 meters excellent throwing. St. L. O'Toole retained the Monavea shield scoring 91 points with St. Abbans scoring 93 points (thanks to Breda for having a good club representation) for a close run with the big Waterford contingent finishing 3rd club on 59 points.

Club members on the podium on the day included:- Leah Corrigan, Cara English, Katie Brennan, Fionn O'Sullivan, Rhian Harrington, Amy Brennan, Seoighe English, Cody Corrigan, Aoife Gallagher, Ivan Jones, Caragh Maher, Tom Buggy, Cian Kelly, Orla Kelly, Maeve Maher, Laura Graham, Matthew Rossiter, Nicole Kehoe/Dowling, Lucy O'Neill, Jamie Pender, Cian Burke, James Moore, Aran Murphy, David Baldwin, Claire Delaney and Aoife Campion. Well done in the relays. Special thanks to all who supported the event, the clubs, athletes, officials and sponsors – Glanbia, Scats bouncy castles and Ben Brennan. Looking forward to our 21st sports in 2016.

### **Mary Ann adds Leinster road title to her collection**

The Leinster novice and masters road championships were decided in Gowran and the club had a fine turnout of 22 athletes competing. Mary Ann O'Sullivan demonstrated top class form on the road as she has on the track in such a short time to take the ladies novice title and lead our ladies to the silver medals with Moira Griffith 10th, Siobhan Nash 22nd and Sinead O'Gorman 23rd scoring. Our masters ladies were 4th club with Colette English 5th and scoring on the Laois winning team, Margo Dowling 12th, Linda Fay 15th, Mairead Moore 19th with Kate Birmingham, Theresa Kelly, Deirdre Brennan, Mary Boylan, Ann Nicholl and Caroline Brennan supporting. We just had 2 representatives in the novice men with Garry Cantwell 8th and James Nolan 19th. Colm Burke took the O.45 title and was 3rd master over the line. The club were 8th with Francis Fleming, Peter Baldwin, Sean Brennan, Sean Kelly and Dinny Whelan completing our line up.

### **Greystones Meet**

James Tyrrell came into his own when winning the 'B' 800 in Greystones with a new P.B. 2-02.10 while Cormac Kelly came out on top in the 1500 clocking 3-58.27

### **Other Events from the week**

Nessa Millet had a fine performance in the Loughborough singlet when taking the bronze medal in the British University championships in the 400 hurdles in a fine time of 60.3 seconds.

Meanwhile Linda Fay had a fine run in her 10th marathon clocking 3 hours and 33 minutes in Limerick.

We had several fine performances in the South Leinster intermediate and senior schools including Nicole Kehoe/Dowling, Mikayla Kelly, Matthew Rossiter, David Baldwin, Oisin Ryan, James Moore, Cian Kelly, Aoife Campion, Caitlin McDonald, Laura Graham, Maeve Maher, Claire Delaney, Jamie Pender, Niamh Moore, Aideen Barry and Niall Egan. Best wishes to all those who have qualified for the Leinster's in Santry

### **JFSports Fit4Life**

It's here at last the first round on the JFSportsFit4Life league gets off the ground with round 1 in Luggacurren on Wednesday 13th May with registrations from 6 o'clock. Anyone interested in registering before hand please call to the club house any evening and sort it out. Looking forward to your support as usual.