

## St Abban's Athletic Club News

8<sup>th</sup> January 2014

### **Teresa does the 'WELLIES' Proud**

The New year means the streets of Castlecomer are packed for the Annual wellie race. 2014 was another fantastic turnout and several club members enjoyed the occasion. Dinny Whelan had a fine performance to finish 2nd in the masters, while Teresa Agar got the new year off to a flying start coming home clear to take the ladies crown. Well done all round for another great days entertainment and to the club athletes that took part.

### **Aran Does the Business**

The 'LAWN' Stradbally was the new venue for the Laois credit unions county senior cross country championships on Sunday. The poor weather conditions which prevailed for the juvenile events gave way to a pleasant couple of hours for the senior events. First off were our girls U.10 in the 4 x 250 relay and we came home clear winners with Katie Brennan, Audrey Byrne, Rachel McDonagh and Aoibhin McDonald carrying the baton safely round. Evan English and Adam Buggy finished 2nd in the boys. In the U.12 we fielded a mixed team with Seoighe English, Amy Brennan, Darragh Kealy and Shane Buggy being clear winners over 4 x 500. The girls U.14 and 16 along with the boys equivalent ran 4 x 500 also and both won easily the girls being Laura Graham, Maeve Maher, Ciara McDonald, Cara Maher and Orla Kelly while the boys squad comprised of Tom Buggy, Oisin Ryan, Cian Kelly and Eanna Ryan.

In the junior men Aran Murphy had his best race to date when he won his first county title over the country. Settling in at the beginning he steadily came through the field to haul in the early pace makers and win comfortably. He had the added satisfaction of leading the team to victory with David Lawlor returning from injury 2nd, James Delaney 4th and Joseph Barry a fine 5th.

In the ladies 4K we had to give way to a strong Portlaoise team with Mary Mulhare taking another title. Breda Mulcahy was always going to be involved in the battle for the individual medals and this saw her make a mighty effort just before the half way mark. Coming out of the chasing group she succeeded in putting daylight between herself and the chasers to come home an excellent 3rd. We had no happier person in Stradbally. Teresa Agar despite not liking the cross country ran gamely to nail down 7th place with Colette English in 10th and Maire Griffith 12th for 2nd team. Caitriona McDonald 18th led our 'B' squad to 5th team with Mairead Moore 19th, Lynda Faye 24th and Margo Dowling 25th. The ever present Ann Nicholl/Waugh completed our line up in 31st place.

The senior men saw Michael Mulhare (a fine 7th in the Belfast international the previous day) lead a Portlaoise 1st, 2nd and 3rd and a team victory of 21 points. Brian Kelly with a dogged determination came through the field for 4th with Stephen Lawlor a game 5th, Colm Burke had a fine run for 7th, with Cormac Kelly 9th, James Griffin 15th and Colm McEvoy getting the 6th scoring place in 17th spot on the silver medal team. Our 'B' team

was 4th with Conor Barry 18th, Declan Byrne 19th, Dermot Ayres 20th, Philip Roche 24th, James Nolan 27th and Niall English 31st scoring and Bernard Graham completed our squad in 36th place. Thanks to everyone that gave it there all, Portlaoise were that bit stronger on the day and congratulations to them.

### **Fantastic Start to Indoors**

Athletics Ireland initiated an indoor inter club league the first round of which was held in the International Arena in Athlone last Sunday. The club fielded a strong squad and were duly rewarded at the end of the day to see both the women's and men's team top of the table. Ladies scoring 34 points 10 points ahead of the 2nd place and the men on 56 points 2 ahead of Raheny Shamrocks. The ladies saw Katie Brennan record a P.B. with 8.21 for the 60, Saragh Buggy ran 9.64 for the 60 hurdles and jumped 5.20 in the long, Shauna Daly had 9.89 in the shot while sister Emma had 9.27 while Nessa Millet ran 2-26.05 in the 800.

We had five in the men's 60 with Barry Regan recording 7.23, Eoghan Buggy 7.42, Paul Byrne 7.43, Conor Daly 7.4 H and Denis Brophy 7.90. The 60 hurdles saw Eoin Kelly run 8.73 and Paul Byrne 8.76 while Eoin jumped 6.68 in the long with Conor 5.91 and Denis 5.16. Conor cleared 3 metres in the pole vault for valuable points while Eoghan registered 9.07 in the shot, while Paul Byrne did the business in the 800 running just outside 2 minutes. All in all a fine days work role on round 2 in February.

### **Club Table Quiz**

Your support would be much appreciated if you could attend our annual table quiz in Behan's on Thursday the 23rd January and perhaps bring a few of your friends with you. Some spot prizes welcome.

### **Annual General Meeting**

Monday next the 13th January we have our A.G.M. where we will review 2013 and hopefully make some plans for 2014. It would be nice to see a good turnout in the clubhouse for an 8 o'clock kick off. Present members and new members, parents etc. are more than welcome. After all it's your club and you can decide what you feel is best to improve the club. Why not make your views known?

Membership Due

It's that time again when your membership is due. With registration and insurance due it would be much appreciated if you could look after this matter. Forms are available in the clubhouse or on the website.