

8th Feb'17

Paul sets Irish best

Last Monday night, Paul Byrne competed in France in the 400mH indoors at the meeting De Leure. He finished the race in 3rd with 51.79 which bettered the Irish indoor 400m record he set two years ago.

AAI games

Back in Ireland, Several Abbans athletes had their first outing in the new Indoor arena in Abbotstown, Dublin at the AAI games. Sarah Buggy continued her fine form and furthered her indoor PB to 12.96m winning the triple jump. Her brother Eoghan ran 50.60 in the 400m while Aran Murphy ran 55.19 on his indoor 400m debut. Daena Kealy set a PB of 1.70m in what was a very competitive women's high jump. Another indoor PB came from Maisy O'Sullivan in the 3k, running a time of 9:49:30. In the men's 1500m, John Fenlon ran 4:04:96, showing consistency in his running, having ran 4:04 last week. Matthew Rossiter finished 5th in the men's PV with 3.45m narrowly missing 3.65m.

Laois Novice Road race

The Laois road race championships got underway with the Novice, hosted by Ballyfin AC. Juvenile non-championship races were held in conjunction with senior Championships and St. Abban's were well represented. In the girls u8 250m, Ciara Milton was the winner while in the u10 girls 350m Cara English also won. Kalem Buggy placed 2nd in the boys u10. In the u14 races, Evan English and Jack Milton placed 1st and 2nd in the boys while Jessica Murray and Rachel Ayres finished 3rd and 5th. In the u14's, Adam Buggy finished 1st and Lee Murray was 2nd in the boys. In the girls, Seoihe English won, while Audrey Byrne finished 5th and Aoibheann McDonald was 6th.

In the Ladies' race we had 11 representatives with the first four St. Abban's ladies home finishing 2nd team, these were Sinead Kelly in 2nd, Caitriona McDonald in 6th, Sharon Buggy in 11th and Katie Birmingham in 15th. Deirdre Brennan finished 17th, Carol Brennan was 27th, Anne Nichol was 29th, Linda Ward finished 30th, Marie Fleming, Colette Brennan and Sinead Milton finished 35th, 36th, and 37th.

In the men's race we had 7 representatives. Sean Geoghan led them home finishing 2nd in 20.15 Just ahead of Dermot Ayers in third with 20.30, Colin Coyne was just outside the medals in 4th with 21.01 and James Nolan placed 11th with 21.36. The team made up of Sean, Dermot, Colin and James won the team event. Liam Byrne finished in 12th with 21.47, Francis Fleming was 20th in 24.01 and Anthony McDonald came home in 22nd place with a time of 24.58.

Throws Coaching

Throws coaching will take place on Wednesday nights at 7.30pm over all over the age of 10.