

**8<sup>th</sup> Mar'17**

### **Laois Indoors**

Downey's Auto Laois Indoor championships took place last weekend in Athlone indoor area and several members made the journey either with parents or on the club bus. The event ran very smoothly and all athletes went home happy.

St Abban's medallists included:- Cara English 1<sup>st</sup> u10 60m, Evan Dowling 1<sup>st</sup> u14 60m, Jack Fenlon 2<sup>nd</sup> u14 60m, Eoin Cawley 3<sup>rd</sup> u14 60m, Josh McDonald 2<sup>nd</sup> u16 60m, Matthew Rossiter 3<sup>rd</sup> u18 200m, Seoige English 2<sup>nd</sup> u15 60mh, Shane Buggy 3<sup>rd</sup> u15 60mh, Caoimhe Brennan 2<sup>nd</sup> u11 350m, Ciara Malone 3<sup>rd</sup> u13 600m, Jack Fenlon 1<sup>st</sup> u13 600m, Eoin Cawley 2<sup>nd</sup> u13 600m, Adam Buggy 3<sup>rd</sup> u13 600m, Seoige English 1<sup>st</sup> u15 800m, Tom Buggy 2<sup>nd</sup> u17 800m, Katie Brennan 1<sup>st</sup> u12 LJ, Evan English 1<sup>st</sup> u12 LJ, Matthew Rossiter 1<sup>st</sup> u18 LJ, Seoige English 1<sup>st</sup> u15 HJ, Evan Dowling 1<sup>st</sup> u15 HJ, Eoin Cawley 2<sup>nd</sup> u15 HJ, Lee Murray 3<sup>rd</sup> u15 HJ, Shane Buggy 1<sup>st</sup> u14 SP, Tom Buggy 1<sup>st</sup> u18 SP, Matthew Rossiter 3<sup>rd</sup> u18 SP, Bernard Graham 2<sup>nd</sup> Sen SP and John Territ 3<sup>rd</sup> Sen SP.

In the relays, we took home 5 medals in total. A silver and a gold in the u11 girls 4x100m, and a gold in the boys. Another gold in the u13 boys 4x100m and a silver in the u17-u19 boys 4x200m. Many thanks to all parent's coaches and officials for making the trip and helping out on the day.

### **Master Indoors**

Also in Athlone last weekend was the National Masters Indoor Championships. Colm Burke took home gold in the men over 50 3k in 9.42.74, Dick Mullins also took home gold over 3k in the over 70's in 13.33.35, John Fenlon won the over 40's 1500m in 4.10.55 to cap off a great indoor and John Territ won the men's over 55 HJ with a jump of 1.38m

### **Paul sports star for February**

Well done to Paul Byrne who is Downey's Auto Stop/Leinster Express Sports Star of the Month for February. It was great to have two Abban's athlete's as nominee's in Saragh Buggy and Paul Byrne. Many thanks to all who voted for Paul or Saragh for this month's award, it was a tough decision, both have had excellent indoor seasons.

### **Club Training**

Club training Tues & Friday 7.30pm-9pm

Fit4Life Mon & Wed 7.30pm