

# St Abban's AC

8th June 2016

## Ciano Shines in Tullamore Sunshine

The Centenary of the schools athletics championships were celebrated in glorious sunshine in Tullamore with an action packed programme that started at 9.00 and drew to a close at 6.00 The club had 9 athletes representing seven different secondary schools. Ciara Harrington was 9th in the discus with a throw of 21.86 representing the Presentation college, Coady Tunstead representing the Vocational school was 9th also in the shot with a putt of 10.94, Sarah Graham representing St. Leo's was 12th in the javelin with a throw of 20.69 Nicole Kehoe/Dowling also from St. Leo's was 5th in the discus with a throw of 30.38 (despite her injured ankle) and 7th in the shot with 9.85 Gerard Kelly was 7th in the hammer with a P.B. of 36.54 meters in the Knockbeg colours. Daena Kealy representing Borris vocational cleared 1.60 once again to claim the bronze. It was bronze also for Ruby Millet in the long jump equalling her P.B. with a leap of 5.58 meters in the Kilkenny college colours. Caragh Maher representing Gaelchloiste Ceatharlach had an excellent battling performance to take the bronze in the 800 in a new P.B. of 2-19.84 (the hard work paying off). With the heat at its sweltering best the distance events were difficult to say the least. This didn't deter Cian Kelly who sat in nicely in the pack until it picked up over the last 3 laps in the 3000. With two laps to go it was obvious the Knockbeg singlet was going to be on the podium the question being which place. Putting his foot on the pedal Ciano eased himself into the lead and fair to say came home a comfortable winner of the gold, for his first All-Ireland schools title. Well done all round and hopefully you had enough sunblock for a great day.

## Follow up just as good

The next day Sunday it was back to Tullamore basking in the glorious conditions where the Leinster senior and masters championships were down for decision. The club had 15 athletes in action. Tom Barry registered 12.43 in the 100 and 7.35 in the shot for 6<sup>th</sup>. Jamie Pender was 5<sup>th</sup> in the 100 in 11.37 and 4<sup>th</sup> in the 200 in 23.17, Katie Brennan was 9<sup>th</sup> in the 200 in 28.50 while Shauna Daly was 8<sup>th</sup> in the 200 in 27.74 and claimed the silver medal in the 100 in 13.45 Emma Daly was 4<sup>th</sup> in the hammer with 38.74 and 2<sup>nd</sup> in the weight for distance throwing 6.86 Clare Delaney took the pole vault title with a new P.B. of 2.70 meters. Conor Daly was 2<sup>nd</sup> in the T.J. with 12.95 and 3<sup>rd</sup> in the P.V. with 3.40 Eoghan Buggy had a fine run for silver in the 400 in 50.75 seconds. The masters men were out in force in the 5000 and delivered in style with Stephen Hunter completing the double in the O.35 just getting up in the final strides to take the 1500. John Fenlon ran an excellent race in the 5K to win the O.40 and lead the club members' home. Colm Burke added the O.50 title to his medal list while Francis Fleming underlined his current great form to take the O.60 title. Equally impressive and making great strides at the moment Colin Coyne took the silver in the O.35 John Territt moved into the O.55 status and duly delivered taking 4 titles which included two championship best performances these included 1<sup>st</sup> Discus 30.32, 1<sup>st</sup> Javelin 34.03, 1<sup>st</sup> hammer 35.06 and 1<sup>st</sup> shot 9.72 As in the previous week it was Saragh Buggy who turned in the five star performance finishing 2<sup>nd</sup> in the L.J. with 5.64 and increasing her National record in the triple jump moving it out to 12.89 meters.

### *Cormac moves into the groove*

On the bank holiday Monday Cormac Kelly made his way to Tullamore for the milers 800 and duly delivered a season best of 1-52.56 for the 800 and 3<sup>rd</sup> place.

### *Lynda does Double*

Lynda Fay made the trip to Derry on Sunday and finished 162<sup>nd</sup> in a time of 3-37.41 for the marathon. Other club performances included Fergal Doyle finishing 918<sup>th</sup> in 4-56.15, Michelle Harrington 1,020<sup>th</sup> in 5-11.04, Carmel Hughes 1091<sup>st</sup> in 5-28.37 and Michael Walsh 1092<sup>nd</sup> in 5-28.47. It was off to Cork on Monday for Lynda where she sampled some real hospitality, running the marathon in glorious sunshine finishing in a time of 3-49.59 and finishing in 338<sup>th</sup> place. She was joined by club mate Caitriona McDonald who ran 3-47.34 in 310<sup>th</sup> place.

### *Stephen and Colette repeat in Newtown*

The 3<sup>rd</sup> round of the JF Sports Fit4Life league had 139 finishers in warm conditions on Wednesday evening. Colette English celebrated a new P.B. of 14 minutes and 58 seconds for the 4K, after all these years. Round 4 is in Wolfhill on the 22<sup>nd</sup> June. The club hosted the county Community games on Sunday. Congratulations to all those that participated and enjoyed themselves. Round 1 of the National league takes place next Sunday while best wishes are extended to all club members doing examinations.