

St Abban's Athletic Club News

8th October 2014

Cross Country Season of to a great start:-

Emo Court once again was the beautiful setting for day 1 of the Laois Credit Unions cross country championships. Though we were down somewhat in numbers all those present performed exceptionally well. We had 5 county champions crowned with Cara Maher taking the girls U.14 title, Cian Kelly the boys U.16 title, the Lawlor brothers David and Danny winning the boys U.18 and the novice men in fine style respectively and Maire Griffith was a popular winner of the novice ladies crown.

Individual silver medalists included:- Katie Brennan U.10, Darragh Kealy U.12, T. J. Burke U.14 and Laura Graham U.16, while our bronze recipients included:- Adam Buggy U.10, Amy Brennan U.12, Orla Davis U.14, Caitlin McDonald with a fine finish U.18 and Siobhan Nash in the novice ladies.

In the team contests we came away with gold in half of battles, taking 6 titles from the possible 12. The novice ladies were clear winners with Maire (1) and Siobhan (3) being joined by a rejuvenated Margo Dowling 4th and newcomer Kay Bermingham 10th with support coming from Ann Nicholl 12th, Marie Murray 14th and Sharon Buggy 15th. It was gold and bronze in the novice men where Danny had over a minute and a half to spare in taking the title. James Nolan showed a nice improvement in 6th, Conor Barry with his GAA commitments finished for another year was a fine 7th and Kevin Brennan making a welcome return in 8th to complete the gold medal performance. Niall English displayed his usual commitment finishing 11th to lead the 'B' team to bronze with Dorel Picovici 13th, Bernard Graham 15th and Mark Murray 18th scoring. Francis Fleming 20th, Anthony McDonald 22nd and Matt Moore 23rd completed our line up.

It was gold for the girls U.10 with Katie Brennan 2nd, Niamh Graham 8th, Aoibhin McDonald 9th and Audrey Byrne 11th scoring with the support coming from Katie Baldwin 14th, Danielle O'Driscoll 22nd and Maya Brennan 33rd. Boys U.10 took silver with Adam Buggy 3rd, Evan English 8th, Lee Murray 10th and Sean O'Sullivan 20th. In the girls U.12 Amy 3rd was joined by Seoighe English 11th. It was silver also for the boys U.12 with Darragh Kealy 2nd, joined by Sean O'Driscoll 8th, Cody Corrigan 11th and Evan Dowling 15th. Girls U.14 saw Cara (winner) and Orla (3rd) joined by Ellen Dempsey running her first county event 11th and Orla Kelly 12th capturing the title. The boys U.14 came out on top also led admirably by T. J. (2nd) with another newcomer Darragh Murphy 8th and Adam Delahunt 10th doing the business. Laura (2nd) had support from Alannah O'Rourke 7th and Niamh Moore 10th in the U.16. In the boys Cian the winner saw another newcomer Jack Lacey have an excellent run for 4th, Conor Hayden 7th and Adam Nicholl/Waugh 15th to lift the title with Niall Egan 19th and Gerard Kelly 20th supporting. Liz Brophy was 7th in the U.18 girls while David Baldwin was 7th in the boys.

Cullahill is the venue for the Uneven ages and the Intermediate this Sunday 12th October with an 11.00 a.m. start. A new venue to be explored.

Teresa on Schedule

The Athlone $\frac{3}{4}$ marathon (which is a rarely run distance) was decided last Sunday and is usually a good indicator as to ones wellbeing ahead of the Dublin marathon. Teresa Agar ticked all the boxes running similar splits throughout to come home 28th overall and 3rd lady in a new personal best of 2 hours 14 minutes and 4 seconds. All going well on the big day another good clocking is on the cards.

Caitriona McDonald was another happy person running 2-43.02 for 245th place, with Mark Wogan clocking 2-44.10, Michelle Harrington 597th in 3-21.16 and Carmel Hughes 706th in 4-02.00 completing our turnout. Best wishes to all our club members taking in the marathon.

A few dates for the diary

16th Oct. Round 2 of the 3 county (Carlow, Laois & Kildare) secondary schools cross country in Newbridge.

19th Oct. Gerry Farnan cross country in the Phoenix Park.

26th Oct. Day 1 of the Leinster cross country in Avondale, Rathdrum 11.00 start.

27th Oct. Dublin City Marathon.

02nd Nov. Laois credit unions county junior & senior in Stradbally 11.00am

09th Nov. Day 2 of the Leinster cross country in Adamstown, Wexford 12.00 start