

9<sup>th</sup> Mar '16

St. Abbans Busy Week The club had a busy week with club members participating at the highest level in several venues. Our fit4life had the 3<sup>rd</sup> Saturday morning session over 4K at the track thanks to Bernard and Mark.

Sligo race course was the venue for the centenary celebrations of the All-Ireland schools cross country Rebecca Fenlon had a fine run finishing 27<sup>th</sup> in the minor girls, while Caragh Maher was 26<sup>th</sup> in the junior ladies. Josh Lacey was the star of the day with an excellent run for 20<sup>th</sup> while his school mate Cain Kelly was 14<sup>th</sup>. Cian's brother Cormac was running for DCU in the universities championships which were held in conjunction with the schools. Starting steadily he was in the mid 20's with 2 laps to go. Working steadily from here to the finish he reeled them in one by one to get up to 5<sup>th</sup> and help DCU to the team title.

In AIT for day 3 of the Leinster's on Saturday we had some fine performances also. Ciara Harrington was 12<sup>th</sup> in L.J. with 4.15, Maebh Maher was 7<sup>th</sup> in the 400 in 65.61, Cian Burke in his first Leinster's was 4<sup>th</sup> in the L.J. with 5.47 and 4<sup>th</sup> in the 400 in 56.7, It was 4<sup>th</sup> also for Tom Buggy in the shot with 10.74, clocking 8.21 for the 60 and 28.26 for the 200. The unluckiest athlete over the weekend was Eoin Cawley who cleared a fine P.B. of 1.20 for 4<sup>th</sup> in the U.12 H.J. which was the same height as the 2<sup>nd</sup> and 3<sup>rd</sup> placed medallists, loosing out on count back. Coady Tunstead in his first Leinster's came away a happy man taking bronze in the shot with a new P.B. of 11.03 The performance of the day was the excellent jumping of Ruby Millet registering a big P.B. when taking the H.J. with a clearance of 1.66 to move into joint 2<sup>nd</sup> on the clubs all time list with Paula Brophy, with Sharon Kinsella/Maher the record holder on 1.70 – something for Ruby to work towards.

Sunday saw a big number travel to Athlone for day 4 of the Leinsters where the junior, senior and masters indoors were decided. Matthew Rossiter cleared 3.00 in the P.V. for 5<sup>th</sup> and 5<sup>th</sup> in the T.J. with 10.77, while Nicole Kehoe/Dowling was 4<sup>th</sup> in the shot using 4Kg with a P.B. of 10.33 Liam Byrne registered his first Leinster individual title taking gold in the masters 3K, our regular masters athlete John Territt registered in both the H.J. and the shot. Claire Delaney soared over 2.40 for silver in the P.V., while Daena Kealy took silver also with a 1.60 clearance in the H.J. Cian Kelly not very happy with his performance the previous day came out and ran a P.B. of 4-10.11 when taking silver in the junior 1500. His cousin Brian went one better in the senior to take gold in the 1500 in 3-56. Conor Daly won the T.J. with 13.16 and took silver in the P.V. with a 3.40 clearance. Stephen Lawlor was another in P.B. form registering 8-36.7 when winning the 3K while it was a championship best performance for Sarah Buggy of 12.68 when winning another Leinster T.J. title.

The trip to Ballycotton appears to have gone down well with all those that made the journey. With 21 members featuring and the M 40 ladies finishing 3<sup>rd</sup> team and the senior men 6<sup>th</sup> team and plenty individual's with brilliant performances. Celebrating his 50<sup>th</sup> birthday in style Colm Burke was to the fore coming home 21<sup>st</sup> overall and 1<sup>st</sup> M50 in 54.50. Carmel Hughes 2,291<sup>st</sup> in 104.56, Maura Fleming Another celebrating a big birthday was 2,142<sup>nd</sup> in 100.24, Anthony Brennan was 1,534<sup>th</sup> in 88.22, with his MISSSUS Deirdre right by his side in 1,533<sup>rd</sup> place also clocking 88.22, David Leahy was 1,491<sup>st</sup> in 87.33 with Dinny Whelan 1,509<sup>th</sup> in 87.05 Louise Graham was 1,363<sup>rd</sup> in 85.46 with Ann Nicholl 1,941<sup>st</sup> in 95.34, Carol Brennan was 1,308<sup>th</sup> in 84.59, Carmel Byrne was 1,834<sup>th</sup> in 93.21, Sharon Buggy 959<sup>th</sup> in 79.12 Margo Dowling 717<sup>th</sup> in 75.35 Caitriona McDonald 578<sup>th</sup> in 73.05, with Paul McDonald clocking 71.05 for 491<sup>st</sup> place. Colette English was 408<sup>th</sup> in 69.27 with Francis Fleiming 358<sup>th</sup> in 68.27. Niall English was 301<sup>st</sup> in 66.56, with Conor Barry registering 207<sup>th</sup> in 63.57

for the 10 miler. Colm McEvoy was 134<sup>th</sup> in 61.41 and Colin Coyne was 75<sup>th</sup> in 58.52 despite the wind and the rain.