

St Abban's Athletic Club News

9th July 2014

Cormac Nails it on the Line

A new sponsor in the person of Glo Health Insurance added to the occasion of the National Junior and U.23 championships in the Cork Institute of Technology last weekend. The club was well represented and the athletes performed admirably in good conditions despite a swirling wind which made it difficult with take off marks.

James Moore was 10th in the Junior 1500m in 4-12.78, while Aran Murphy improved his P.B. once again to 2-02.02 when finishing 6th in the 800m heat. Eoghan Buggy ran 51.00 dead when finishing 5th in the 400m final. Lauryn Kealy was 6th in the 400m in a time of 63.15. James Delaney completed our Junior representation taking the bronze in the pole vault with a 3.60m clearance.

Emma Daly also won bronze in the U.23 hammer, with brother Conor adding silver to his collection in a very close finish in the triple jump. Barry Regan dipped under 11.00 when clocking 10.98 for the 100m with the wind gauge reading + 3.2. Saragh Buggy showed a return to form and took the triple jump title with an 11.69m performance and came away happy to be National U.23 champion.

The performance of the day came from Cormac Kelly in the 1500m. Despite not looking too well throughout the race he still remained in touch with the leaders over the first 3 laps even if the gap did open to 5 or 6 meters on a few occasions. With 300m to go he was 3 meters adrift and a group of 5 fighting for the lead. Gradually he closed the gap and made contact with the group at 200m to go. Content around the bend he moved into 4th then it was 3rd and the battle was on down the home straight. With his powder dry it was eye balls out and sure enough it was gold in a fantastic finish and his first National title.

Internationals

Nessa Millet returned to action and had a fine run for 4th place in the Belfast International on the beautiful Mary Peters track in 60.24. After the mid week meet it was off to Paris for another 400m hurdles race and showing things were going in the right direction it was 3rd in a time of 59.72. Brian Kelly had a brilliant run to win the 'B' 800m in Belfast in 1-50.64 a time worthy of an 'A' spot.

Paul Byrne had a very busy week competing for Haringey in the British National League and finishing 2nd he had an excellent run in the Cork City sports clocking

51.56 seconds for 2nd place. Eoin Kelly was 6th in the long jump and Saragh Buggy 5th in her long jump in Cork.

Laois Development Events

Though the numbers were scarce those that turned out performed admirably in the Laois Development events hosted on the track last Wednesday. Congratulations to all concerned.

Church Gate collections

Your support would be much appreciated for our church gate collection scheduled for local churches over the next couple of weeks. Anyone interested in helping out please get in touch with Breda. Thanks for your support.

Best Wishes

St. Abbans would like to wish Aoife Campion the very best when she don's the green singlet in the Schools International in Cardiff on the 19th July. Aoife is scheduled to run the 300 meters and the 4 x 300m relay.

Stage five has a top class race.

We had a fine battle at the front with the places being reversed from the Newtown leg when the 5th stage of the JFSports/Fit4life league was decided in Moneenroe. This time Stephen Lawlor emerged victorious over John Fenlon, with Teresa Agar coming out top lady. Round 6 will take place in Ballylinan on the 23rd July. We had 157 finishers in Moneenroe and looking forward to much the same crew in Ballylinan.