

St Abban's Athletic Club News

9th July 2015

Exciting News....The St. Abban's A.C. Parish 10k is back!!!!

As part of the clubs 60th Anniversary Celebrations the Parish 10k will be run on the 30th August, consisting of an individual 10k or a 2 x 5k relay. As part of the build up to the run, the club will host Meet and Train nights on Mondays and Wednesdays at 7.30pm in our club grounds, which are open to walkers, joggers established runners of all levels, all fitness and abilities. Individuals can avail of training plans, structured advice, and friendly non-competitive group environment. So what are you waiting for...7 weeks to feel fitter, healthier, and happier!

National U.13 – U.19 T& F Championships Tullamore

Congratulations to all club athletes who qualified for, and competed in, Day 1 of the National U.13 – U.19 Track and Field Championships held in Tullamore. The results from the day are as follows; Cian Kelly 7th U.16 800m 2.12.35s, Tom Buggy 8th U.15 800m 2.21.69s, Caragh Maher 5th U.15 800m 2.25.95s, Daena Kealy 3rd U.16 HJ 1.60m, Nicole Kehoe Dowling 4th U.16 Shot Putt 11.22m, 3rd U.16 Discus 30.43m, and Ruby Millet 4th U.15 80m Hurdles 12.40s. Well done to all, and best of luck to those competing in Day 2 of the championships this weekend.

National Junior and U.23 T& F Championships Tullamore

It was another trip to Tullamore, but this time for the 'slightly' older gang competing in the National Junior and U.23 Championships. With the club well represented, and a couple of relay teams competing also, there were a total of 4 golds, 2 silvers, and 1 bronze brought back to Monavea. Results are as follows: Siobhan Nash 1st U.23 3k Walk 15.39.19s, Nessa Millet 1st U.23 400mH 61.47s, and 1st 400m 57.80s, Jamie Pender 4th Jun 100m Heat 11.68s, Emma Daly 5th U23 Hammer 40.03m, Cormac Kelly 2nd U.23 800m 1.56.90s, James Tyrrell 8th 800m 2.02.70, Danny Lawlor 9th U.23 1500m 4.10.04, Conor Day 3rd U.23 TJ 12.91m, Saragh Buggy 1st U,23 TJ 12.19m, Eoghan Buggy 5th U.23 400m 50.79s, Junior Men's 4x400m Relay 6th (Jamie Pender, Aran Murphy, James Moore, and James Tyrrell), and U.23 Men's 4x400m Relay 2nd (Conor Daly, Cormac Kelly, Danny Lawlor, and Eoghan Buggy)

Stephen leads the way yet again

Round 5 of the JFSportsFit4Life League saw Stephen Lawlor lead the way home yet again in a fantastic time of 11.53s, with Colette English first lady across the line in . Well done to the 142 who took part, and a special word of thanks to Breda Mulcahy and her team making sure everyone had plenty of refreshments afterwards. Round 6 takes place in Ballylinan on Wednesday 22nd July.

Big Break Through for Paul Byrne

Congratulations to Paul Byrne on running a huge personal best of 50.72s for the 400m Hurdles at a meet in Sint Niklaas, Belgium. Paul finished 2nd in the race, with this time moving him up to 4th in the All Time Irish rankings.

Another PB for Cheryl

Congrats to Cheryl Nolan on running an excellent time of 17.04s, and PB, at the Firecracker 4th of July 5k in Little Rock Arkansas. Cheryl finished 8th overall in a 1500 strong field. Well done Cheryl...fantastic running!!

Cork City Sports

Well done to Barry Pender who finished 6th in the high jump at the Cork City Sports clearing 2.10mts.

Summer Activity Camp

Make sure to book your place for the St Abbans AC Summer Activity Camp!! The camp takes place the first week in August (August 4th to 7th), and is suitable for all primary school kids. Closing date for registrations is Friday 17th July, with application forms available in the clubhouse or on the clubs website.