

St Abban's Athletic Club News

10th December 2014

Bronze on the Double

The current outstanding state of the clubs men's middle distance is at an all time high was highlighted once again when the GLO Health National uneven ages and Novice championships were decided on the Santry Park on Sunday. In the first event of the day the girls U.11 young Amy Brennan acquitted herself very well and moved nicely through the field to finish 48th in a field of over 150 athletes. This was Amy's first run at this level and she appeared to enjoy the experience which it is all about. Also qualifying for her first National's was Laura Graham in the girls U.17 and she was a very happy lady finishing in 65th place and the 3rd scoring member on the Laois team that finished 5th county. In the boys U.15 Cian Kelly played it steady early on just moving into the top 25 at the end of the first lap. From here to the finish he moved majestically through the field picking off one after another. At the finish he had nailed down 8th place and a scoring place on the silver medal Leinster team. We were always in with a shout in the boys U.19 but our chances were considerably weakened when the Lawler brothers (David and Danny) had to withdraw with the 'flu'. James Moore coped well with the pressure to finish a fine 17th and a scoring spot on the silver medal Leinster Interprovincial team and with James Tyrrell returning to his best form so far this year in 35th and with Aran Murphy on his heels in 36th it was all down to Fionn Maher and he was a happy man finishing 58th and thus securing the bronze medals for the club.

The novice men saw a big field of close on 300 set off and from the outset the club singlet's were to the fore with 3 of them in the top 30. The leading group had 17 packed together and Stephen Lawlor just a few meters adrift. As the race progressed they were dropping from the leading group and Stephen was doing the business big time picking off everyone as they became detached. First it was up to 15th, then 12th and then into the top 10 and finally 8th spot was secured in the run to the line. Just a few meters behind Cormac and Brian Kelly were moving nicely to finish 14th and 17th respectively, so we were looking for our fourth scorer and sure enough up popped Kevin Brennan in 78th place and the bronze medals were secured. James Griffin 115th and James Nolan 135th completed a great day for the club.

Ideal Stocking Filler

Wondering what to give your friend for the coming year? Well we might suggest you include a club membership in the Christmas stocking. It is an ideal gift for those wishing to be active in 2015 and lasts the full year. Membership forms are available in the club house. Naturally club members are requested to complete forms a.s.a.p. Fees remain the same as they have been for the past 5 years.

St. Stephens Day

Annual club road race will take place on the Turra circuit on St. Stephen's day. The boys U.14 and ladies event gets under way at 11.30 with the men's commencing at 11.50. Entry fee is €3 for juveniles and €5 for adults. The Jack Mealy cup and the Paddy 'DOC' Delaney cup going to the most improved female and male performance on the 2012 result. Please report to Behan's for 11 o'clock.

Party Time

Juvenile members attending Primary school turned out in numbers to have an enjoyable evening in The Dome Carlow where they played and enjoyed some refreshments. Thanks to all the parents for supporting the event and to Margaret Davis, Mary Pender and Mary O'Driscoll for looking after the event.

Waterford Half Marathon

We were well represented in the Waterford half marathon over the weekend which saw Carmel Hughes finish 1,483rd in 2-26.48, Louise Graham was 995th in 1-56.04 while David Leahy was 994th in the same time, Mark Wogan finished 424th in 1-38.35 with Michael O'Connor 209th in a time of 1-30.26 and Teresa Agar in a time similar to last year was 110th which was 5th lady clocking 1-25.50

In the Clonakilty marathon Lynda Fay was 79th across the finish line and 7th lady in a new P.B. of 3-33.21 while Carmel Ryan was 320th and 38th lady in 4-39.35 well done all round.

Christmas Cracker

A club handicap run over 2K will take place on the track on Tuesday 23rd December at 8 p.m. please report by 7.45