

St Abban's Athletic Club News

11th February 2015

Paul Scores in Ghent

Paul Byrne became the first Irishman to run 400m hurdles indoors when he took part and had the added satisfaction of winning his race in the Ghent International meet. Clearly delighted with his performance Paul is well on track for a great outdoor season.

Barry Breaks SEVEN

The university indoor championships were decided in Athlone last Friday where some outstanding performances were witnessed and several records smashed. Cormac Kelly had a fine run for DCU finishing 5th in the 3K in 8-54.88, Conor Daly was 4th in the triple jump and 6th in the pole vault. Craig Coffey made a welcome return in the ITC singlet and cleared 1.85m for 6th in the high jump. Barry Regan had perhaps the performance of the day when clocking 6.97 seconds for his heat in the 60m which is a new club record and had him the 2nd fastest qualifier for the final. It was his first time to run sub 7 seconds. Alas he D/Q in the final when he false started.

Medallists Included

Emma Daly took the silver in the 8Kg for distance throwing 7.04 meters. Siobhan Nash recorded a P.B. and club record when taking the silver medal in the 1500m walk in a time of 6-54.52. Barry Regan returned to the arena and ran an excellent third leg on the ITC bronze medal 4 x 200m relay team. It was left to Barry Pender to deliver gold and he once again came up with the goods to win with a clearance of 2.10m in the high jump and had one very good effort at 2.17m

National Masters

Tuam was the venue for the National masters cross country on Sunday. Our numbers were scarce Ann Nicholl/Waugh was 111th across the line and 19th O.50 In the men's O.65 Dick Mullins was 5th and Dinny Whelan was 8th. Francis Fleming unfortunately had an injury and had to withdraw.

P B for Stephen

Stephen Lawlor had a fine run finishing 4th in a time of 33 minutes and 2 seconds for the Enniscorthy 10 K road race. Sharon Buggy was 336th in 50.57

Leinster Schools Cross Country Championships

The cross country course in Santry was in great order when the GLOHealth Leinster schools championships were decided. With the top 15 individuals and the 3 best schools qualifying for the All-Ireland's in Clongowes on the 7th March from each race some fantastic battles were witnessed. Cara Maher delivered a great run to come through the field from around 50th at the half way point to get up and finish 11th. In the same race the minor girls Ciara Harrington displayed good form in the Presentation college singlet as did Nelly Dempsey. Laura Graham had a fine run in the inter ladies.

In the senior boys Knockbeg finished 4th with James Moore 9th, James Tyrrell, Aran Murphy, Shane Bolger and Fionn Maher doing the jersey proud. David Lawler in the Presentation colours had a fine run for 13th and qualification for Clongowes. Others who performed well on the day were Jack Lacey and Gerard Kelly. The performance of the day came from Cian Kelly who had his best cross country race to date finishing 7th in the Intermediate and leading Knockbeg to the bronze medals.