

## St Abban's Athletic Club News

11<sup>th</sup> March 2015

### Siobhan On New Ground

Siobhan Nash once again made the trip to the Isle of Man for their Annual festival of race walking. Moving up in distance to take on the senior ladies over 10K she enjoyed the experience and came home in 2nd place in a time of 53 minutes and 28 seconds. It was a nice benchmark to set early in the season and looks good for the future.

### Cormac has a blinder

The universities cross country championships were held in conjunction with the All-Ireland schools in the beautiful setting of Clongowes on Saturday last. Cormac Kelly had his best cross country race to date finishing a fine 8th and captaining DCU to victory in the men's race. His cousin Brian formed part of the back squad when finishing 25th.

In the schools Caragh Maher gave it everything when finishing 26th in the minor girls in the Gael Cholaiste Ceatarlach singlet. In the Knockbeg gear we had Cian Kelly 68th and Shane Bolger 92nd in the intermediate men while, James Moore was 26th in the senior boys. Representing the Presentation College, Carlow David Lawler had a fine run for 22nd in the senior boys also.

### Ballycotton still the best

We had 6 members make the trip to the renowned venue of Ballycotton in Cork for one of Irelands most prestigious road races. David Leahy finished 1,421st in 84-32, with Louise Graham 1,428th in 84-39, Bernard Graham was 925th finisher in 77-50, with Dermot Ayres 107th in 60-49, while Colm McEvoy was 74th in 59-21 and Patrick Marshall 68th in 58-56, in a field of 2,718 finishers.

### Aoife leads them home

The final weekend of the Athletics Leinster indoor championships concluded in Athlone over the weekend. We had 14 athletes involved and several qualified for the Nationals. Lucielle Harrington on her first big outing did the 60 mts. and the high jump, David McDonald made it through his heat and semi-final to register 6th in the 60 final, Laura Graham was 6th in the 800 in 2-45.62. Ivan Jones in his first outing with us was 4th in the shot with 8.76 mts., Tom Buggy was 4th in the shot with 11.64 and 6th in the 60 with 8.26.

Amy Brennan was our first medalist when 2nd in the hurdles with 11.35 and was 12th in the L.J with 3.54, Shane Buggy collected bronze in the shot with 7.24 and clocked 2-12.05 for the 800. Cian Kelly registered 2-03.32 for silver over 800, Nicole Kehoe/Dowling collected silver also with 10.97 in the shot, Jamie Pender was 4th in the 60 in 7.68 seconds and 3rd over 200 in 23.84 seconds, Lauryn Kealy was 3rd in her 800 in 2-23.50 with younger sister Daena finishing 3rd in the 60 hurdles in 9.66 seconds and silver in the high jump with a 1.60 clearance. Ruby Millet put it all together to win the long jump with a fantastic leap of 5.17 meters and take silver in the 60 hurdles in 9.16 seconds. Aoife Campion made her indoor debut for the season with a fine victory in the 800 in a time of 2-21.72. With 11 medals registered over the weekend 2 gold, 5 silver and 4 bronze we had a happy crew returning to base to get things ready for the Nationals in a couple of weeks time.