

# St Abban's AC

11<sup>th</sup> May '16

## Paul Does the Business

Guesting in the British League for Birchfield Harriers Paul Byrne clinched his selection for the European Seniors in Amsterdam to join his clubmate Barry Pender (high jump) making it a special occasion for the club. Paul ran within 0.01 of a second outside his P.B. clocking 50.73 for the 400m hurdles in Eton, London on Saturday last. Recovering from his outing in the Universities, where he came a cropper, Paul showed excellent style and technique and will undoubtedly run faster as the season progresses. He made it a tough day running a leg of the 4 x 400m and the 110m hurdles and scored big points for his adopted club.

Meanwhile Stephen Lawler and Brian Kelly competed in the Irish Milers International event in Belfast. Stephen had a fine run over 3000m finishing 12<sup>th</sup> overall in a fantastic new P.B. of 8-31.33 while Brian continued to improve his season's best when finishing 5<sup>th</sup> and 1<sup>st</sup> Irishman in 1-51.06 for the 800m.

## Deadman's Dash

The club was well represented in the Ballyfin promoted road race. Colette English was the 1<sup>st</sup> lady home while others to represent the club included;- Pauline Doyle, Noeleen Condrón, Sean Kelly, Dinny Whelan, Sharon Buggy, Adam Buggy and Ann Nichol Waugh.

## Downey's Nissan Day 1 – Laois County T&F Championships

Thanks to all who turned out and either helped or participated in the first of the county T & F championships on a beautiful evening in Monavea. With a lot of competition between the Club Sports, South Leinster schools etc. we still fielded over 30 athletes to win Laois county medals. Included among these were:

Ava Rowan, 1<sup>st</sup> U.9 L.J., Cara English 3<sup>rd</sup> U.9 60m, Eabha Kehoe 1<sup>st</sup> turbo Javelin and 3<sup>rd</sup> L.J., Timmy Byrne 3<sup>rd</sup> 60m, 3<sup>rd</sup> L.J. and 3<sup>rd</sup> Turbo Javelin, Jack Milton 2<sup>nd</sup> 60m U.11, Evan English 1<sup>st</sup> U.11 60m, 1<sup>st</sup> L.J. & 1<sup>st</sup> T. Javelin, Moya Brennan 1<sup>st</sup> U.11 L.J. 1<sup>st</sup> H.J., Katie Brennan 2<sup>nd</sup> U.11 L.J. and 2<sup>nd</sup> T. Javelin, Seighe English 2<sup>nd</sup> U.13 L.J. 2<sup>nd</sup> H.J., 3<sup>rd</sup> 60m and 3<sup>rd</sup> javelin, Amy Brennan 1<sup>st</sup> U.13 L.J. & 1<sup>st</sup> Javelin, Ciara Harrington 2<sup>nd</sup> U.15 100m, 2<sup>nd</sup> Javelin, 3<sup>rd</sup> L.J. & 3<sup>rd</sup> H.J., Sarah Graham 1<sup>st</sup> Javelin U.15, 2<sup>nd</sup> L.J. & 2<sup>nd</sup> H.J., Caragh Maher 1<sup>st</sup> U.16 H.J., Daena Kealy 1<sup>st</sup> U.18 H.J., Maebh Maher 2<sup>nd</sup> U.18 H.J., Danielle O'Driscoll 3<sup>rd</sup> Javelin, Niamh Moore 3<sup>rd</sup> shot Matthew Rossiter 2<sup>nd</sup> shot, Sharon Buggy 3<sup>rd</sup> 800m and 1<sup>st</sup> O.35 3000m, Colette English 1<sup>st</sup> 3000m, Carol Brennan 2<sup>nd</sup> O.35 3000m, James Nolan 3<sup>rd</sup> 3000m, Dermot Ayres 1<sup>st</sup> O.35 3000m, Liam Byrne 2<sup>nd</sup> O.35 3000m, Dick Mullins 2<sup>nd</sup> O.45 3000m, Shauna Daly 2<sup>nd</sup> shot and 2<sup>nd</sup> W. for D., Tom Barry 3<sup>rd</sup> W. for D., John Territt 3<sup>rd</sup> shot, Conor Daly 2<sup>nd</sup> shot & 2<sup>nd</sup> W. for D., while we won the U.18 and senior 4 x 100m relays.

## More Success

Day 2 of the South Leinster school's in the Waterford Regional Sport Centre saw a number of club members qualify for the Leinster's in Santry. Among these were Gerard Kelly, Cian Kelly, Niamh

Moore, Laura Graham, Maebh Maher, Matthew Rossiter, Tom Buggy, Clare Delaney, Coady Tunstead, Ciara Harrington, Aoife Gallagher, Sarah Graham, T. J. Burke, Ivan Jones and Orla Kelly.

#### JFSports Fit4Life League

The league got underway in Luggacurren on a very muggy evening with a fine turnout having 151 finishers. Stephen Hunter was the first across the line from Mick Kelly with Mary Clare Byrne just edging past Colette English to take the lead in the ladies. Rossmore is the venue for round 2 on Wednesday 25<sup>th</sup> May with registration from 6.30pm. You're welcome to come along.

#### Club Award

The recently presented Laois Community and Voluntary Awards saw Liam Kelly accept on behalf of the club a piece of cut glass and a cheque for €500 for the Healthy and Active category.