

# St Abban's Athletic Club News

11<sup>th</sup> September 2013

## Stephen Romps to Victory

The 22<sup>nd</sup> running of the Luggacurren 10K saw Stephen Lawlor become the youngest winner of the title and lead St. Abbans to retain the team title. Just after the half way point on the severe climb Stephen was in 3<sup>rd</sup> place with Brian Kirwan and Colm Burke fighting out the lead. On the downhill stretch between the 7 and 8K Stephen closed the gap and with a swift turn of foot established what turned out to be a winning lead over his more established opponents. Brian and Colm were 2<sup>nd</sup> and 3<sup>rd</sup> and with good support from Colm McEvoy and Liam Byrne the cup was returning to Monavea. This marked a big improvement for Stephen and shows he has moved on to another stage in his development. It was a great return for Liam Byrne after missing the past few months due to injury and he had a great run to hold off other club members in the person's of Philip Roche, Niall English, Bernard Graham, Matt Moore and Mark Wogan who were all challenging to make the scoring members. Others featuring in the master included:- Francis Fleming, Dinny Whelan and Willie Doyle.

The ladies event saw Teresa Agar finish 2<sup>nd</sup> after a steady run on the undulating course and with good support from Breda Mulcahy and Colette English the team title was retained for the 3<sup>rd</sup> year in a row. Mairead Moore, Dolores McEvoy, Ann Nicholl/Waugh, Carmel Hughes and Deirdre Brennan provided plenty of support.

## Ballinabranna a Major Success

The inaugural 5K road race in Ballinabranna was an outstanding success with 209 finishers. Club members featured prominently with Dermot Ayres 3<sup>rd</sup> followed home by Peter Baldwin with Dorel Picovici in P.B. territory as was Michael Kelly and Carmel Hughes.

In Kilkenny on Saturday it was a P.B. for Mark Wogan in the half marathon while Declan Byrne and Laura Buggy had good runs in the 10K.

## Club Championship

The club's cross country championship for ALL members will take place on Sunday next the 29<sup>th</sup> September commencing at 10.30 with those from 17 up in the ladies being run over 2K and for similar age in the men being run over 3K. Having a run on the grass will be a welcome departure for some after all the road racing.

## Barbecue an enjoyable evening

Thanks very much to everyone who turned out and made the 2<sup>nd</sup> annual barbecue a most enjoyable evening. Many congratulations to those that were presented with certification for completion of the Defibulator's course:- Doreen Whelan, Breda Daly, Niamh Millet, Carol Brennan, Jimmy Walsh, Francis Fleming (Snr), Patsy Baldwin, David Buggy, Liam Kelly and

Margaret Davis. Special thanks to Eileen Kelly for giving the course and presenting the certificates on Sunday.

Emma Daly was the recipient of the achievers award for her fine throws of the hammer during the year. A special presentation was made to Nessa Millet to mark her achievement of setting a new National Junior Record for the ladies 400 hurdles of 59.00 seconds when finishing 3<sup>rd</sup> in the National senior championships in Santry earlier in the year. As usual our much used catering ladies put on an excellent spread and many thanks to them for all the hard work, it is much appreciated if seldom acknowledged.

### *New Members*

With all the schools reopening it is great to see so many former members and some new members turning up at the track. With the first of the county cross country championships set for Stradbally on the 6<sup>th</sup> October it is time for everyone to get involved. This will include the even ages and the masters.