

St Abban's AC

11thNov'15

Ruby Gains 1st International Selection

The All-Ireland schools indoor combined events were decided in the International arena in Athlone last Saturday with selection for the Home Countries International in Scotland on the 12th December being the major prize on offer. With 5 events being the norm for the indoors some excellent performances were recorded. Ruby Millet following in the footsteps of her sister Nessa was our sole representative in the Kilkenny college singlet. She got off to a fine start clocking 9.29 seconds for a win in the 60 hurdles. She followed this up with 5.37 meters in the long jump and 8.93 in the shot. Clearing 1.55 in the high jump she was a clear 4th overall as the 800 got under way. Running 2-34.17 she finished with a total of 3,293 points and 4th spot to gain selection for Scotland a mere 33 points behind the silver medal. It should be some competition in Scotland. Congrat's Rubes.

James of to a great start

A young man who has had a miserable time of injury and sickness over the past two years, got his future back on track. Running in the colours of Waterford IT for the first time he played an impressive part in bringing them home to victory in the Munster road relays. Well done James hopefully the first of many.

Conditions tough in JFK Park

It was far from the sunny South East when the Leinster uneven ages and the intermediate cross country championships were decided in the JFK Park outside Newross last Sunday. Congratulations to all those who braved the elements and gave it their all. In the U.9 non-championship event Jessica Murray and Fionn O'Sullivan were in great form and collected individual medals finishing in the top 10 comfortably in 7th place. Our G.U.11 saw Aoibhin McDonald 81st and Katie Brennan 116th. The B.U.11 put on a great show with Sean O'Sullivan 117th, Evan English, Lee Murray 35th, Eoin Cawley 34th, Adam Buggy 28th and Jack Fenlon 16th, which gave us the silver medals when the scores were made up and qualification for the All-Irelands on the 6th December in Dungarvan. A good squad with plenty of potential. Tom Buggy was 40th and T.J. Burke 42nd under 15. Maeve Maher ran a steady race throughout for 33rd while Cian Kelly with an excellent last lap was 5th in the U.17 Danny Lawlor was always in the top 6 in the intermediate men despite the conditions not being to his liking he finished 6th.

Members Draw

The last of this years members draws takes place in Behan's this Sunday night next. Your final chance to sign up. The Laois grade 'B's, junior and masters cross country will be decided in Emo Court on Sunday 29th November.