

St Abban's Athletic Club News

11th December 2013

Ladder Run draws big numbers

The club's annual ladder run over 1 lap of the perimeter track at the club grounds (a distance of 1,350 meters) drew a big crowd on Tuesday evening. Most of those present who had taken the trip previously showed a marked improvement with several personal bests featuring on the night. The highlight of the evening was possibly Niall Egan improving by a full minute on his previous effort. Race 1 was for the younger generation and most of them tackling the lap for the first time saw Adam Buggy winning in 5.42 with Eoin Cawley 2nd, Jack Fenlon 3rd, Jonah Kelly 4th, Katie Brennan 5th, Evan English 6th, Aoife Cawley 7th, Niamh Graham 8th, Josh Kelly 9th and Aoibhin McDonald 10th from a field of 25 finishers.

Race 2 saw two fantastic performances from Cian Kelly 4.29 and Tom Buggy 4.46 record for the lap, when finishing 1st and 2nd respectively. Oisin Ryan was 3rd with Lauryn Kealy 4th, Cara Maher 5th, T.J. Burke 6th, Conor Hayden 7th, Orla Davis 8th, Daena Kealy 9th and David McDonald 10th in a field of 25 finishers.

Race 3 saw the U.17 feature and it was run on an open handicap basis with Kevin Wilson having his 1st victory in a club event just 1 second ahead of newcomer Tomas Lacey, with Anna Daly 3rd, Jack O'Neill 4th, Evan Philips 5th, Aaron Barry 6th, Siobhan Buggy 7th, John Byrne 8th, Cian Burke 9th and David Baldwin 10th.

The 4th race was also run on a handicap basis for anyone else that wanted a run. Aran Murphy demonstrated the current good form he is in when coming home ahead of Bernard Graham with Jimmy Walsh 3rd, Breda Mulcahy 4th, Ann Nicholl 5th, Patsy Baldwin 6th, Colette English 7th, Claire Walsh 8th, Caitriona McDonald 9th, Carol Brennan 10th, Sharon Buggy 11th, Carmel Hughes 12th, Maura Fleming 13th and Ian Comerford 14th.

Next Tuesday the annual Christmas Cracker over the mile will be run on an open handicap basis. All interested please report for 7.30p.

Presentations

At the clubhouse on Tuesday night Dinny Whelan and Colm Burke presented the Laois county championship team medals to those that made the scoring teams in Emo recently. Many thanks to the ladies and parents for looking after refreshments on the night. It was good to see such a fine turnout.

St. Stephen's Day Road Races

The Annual club run for all club members will take place on St. Stephen's day. Boys U.14 and ladies will commence at 11.30am at Behan's for 1 lap of the Turra triangle with the men starting at 11.50am running over 3 laps. Why not come along and join in. The

Mealy and Delaney cups will be presented to those that show the greatest improvement on 2012 performance.

Stradbally Venue

The Laois senior men and women and the junior men cross country championships will take place in The Lawn, Stradbally on the 5th January along with the juvenile cross county relays. A date for your diary!

Happy Christmas

It's hard to credit but another year has slipped by and Christmas is upon us. Taking this opportunity to wish athletes, parents, friends and supporters a very happy, holy and peaceful Christmas and the very best for 2014.