

12th March 2014

Nicole and Aran Strike Gold

The athletics Leinster indoor program for 2014 came to an end in Athlone IT over the weekend. St Abban's was well represented with 23 athletes taking part from 12 to 19 year olds. While it was a first involvement for many of them at this level, all appeared to have enjoyed the experience and were busy committing goals for themselves for future visits. At the end of the weekend a further 7 Leinster medals had arrived in Monavea comprising of 2 gold, 2 silver and 3 bronze.

Big fields were a feature of the weekend with over 70 participating in some long jumps and almost all the sprints in the U12 to 14 age group had 7 or 8 heats to sort out finalists. Niall Egan was 19th in the L.J. and 30th in the 60 mts. In 9.62. Lucy O'Neill was 13th in the L.J. with 3.55m and 11th in the 60 mts in 9.20 seconds. Lily Kittle was 16th in her 60m in 9.54 seconds. Matt Kelly was 12th in the shot with a putt of 8.32 mts. Sean O'Driscoll was 31st in the 60m and 43rd in the 600 mts. David McDonald had a fine performance when 10th in the 60 mts in 8.83 seconds. Orla Davis had a P.B. when clearing 1.30m for 5th in the H.J. Oisin Ryan was also 5th with 1.40m clearance in the H.J. and 17th in the 60m in 8.12 seconds. T. J. Burke was 5th in his H.J. clearing 1.10m and 23rd in the 600m.

It was 4th for Elizabeth Brophy with a new P.B. of 8.52m in the U.17 shot. Likewise it was 4th for Kevin Wilson in the U.17 H.J. with a new P.B. of 1.75 mts.

Ruby Millet showed glimpses of her older sister finishing 6th in the 60 mts in 8.41 seconds and taking the bronze in the L.J. with a leap of 4.45 mts. Tom Buggy showed a surprising turn of foot taking bronze in the 60 mts in a P.B. of 8.29 seconds with hundredths of a second separating the top four and he added the silver finishing 2nd in the shot with a putt of 10.58 mts. Daena Kealy equaled the Leinster record when finishing 3rd in the U.15 girls high jump with a clearance of 1.61 mts, the same height as the gold and silver medalists. The colour of the medals being decided on count back. Daena went one better and took silver in the 60 hurdles.

Nicole Kehoe/Dowling showed she was in tip top form when winning the girls U.16 shot with a putt of 11.50 mts. It was a nice start to the 2014 season. The surprise of the championships from a club perspective was the fine run from Aran Murphy which saw him take gold in the U.19 800 mts. in a new P.B. of 2-09.88 along with finishing 4th in the 400m. All medalists along with Anna Daly and Kevin Wilson (qualified from day 2) have qualified for the All-Irelands on the 22nd and 23rd March. Great to see so many parents along and well done to those traveling for the first time hope you enjoyed the occasion and many congratulations to the medal winners and coaches.

Schools & Universities cross country in Cork

Unfortunately the All-Ireland schools cross country clashed with the Leinster indoors and put a few club members in an awkward situation. Representing Knockbeg James Moore had a fine run and showed he is gradually getting back to full fitness when finishing 23rd in the senior boys. Knockbeg were 8th in the junior boys with Cian Kelly 61st, Ronan Curran 86th, Cathal O'Brien

87th and Richard Butler 65th scoring. In the intermediate it was 6th team for Knockbeg with Jamie Wall 16th, Oran O'Flaherty 49th, Bobby Crowley 54th, John Byrne 57th, Jimmy Bric 65th, Shane Bolger 82nd, Luke Attride 84th and Evan Phillips 88th. Thanks to Mr. Maye and Mr. Behan for looking after the lads during the cross country season and organizing the warm weather training.

With the universities also being hosted at Cork IT we had good representation on the DCU mens team with Brian Kelly 21st, Cormac Kelly 43rd and James Griffin 44th and DCU winning the team award.

Cork Again

It was off to Ballycotton on Sunday for the annual 10 miler rated among the best in the country drawing over 2,500 finishers to the beautiful setting in Ballycotton in Cork. Colm Burke returned after a dose of the flu to record 53 minutes and 55 seconds for 13th place and 1st in the O.45 section. Colm McEvoy was 44th in 57-57 and 2nd O.45 with Dermot Ayres going under the hour clocking 59-07 in 66th place. Patrick Marshall made a welcome return to finish 87th in 60-28 while Dorel Picovici was very happy with his new P.B. and 154th place in 63-18. Louise Graham was our sole female present and also enjoyed the trip.

Laois Senior Road

Sunday the 30th March is the day scheduled for the Laois Credit Unions senior road championship, with St Abban's AC hosting same, commencing with the senior ladies over 4K at 12 o'clock.