

12<sup>th</sup> Apr'17

### **University Championships**

The sun was shining in Cork IT over the weekend, the venue for this year's Outdoor University's track and field Championships where we had 10 athletes competing for the university. Eoghan Buggy running for DCU, started off his outdoors just like he finished his indoors with a PB on 400m of 49.4 to finish 5<sup>th</sup> in the final, before being involved in the DCU 4x400 team who finished 2<sup>nd</sup> behind UL in 3.18.80. On the winning 4x400 UL team was Paul Byrne. Aoife Campion was on the winning DCU women's 4x400m team who ran a time of 3.48. Aran Murphy (IT Carlow) ran 56s in the men's 400m heats. Sarah Buggy got one legal jump in after having 5 breaks in the competition, but the single jump of 12.53m was enough to take the win for DCU in the women's TJ. Conor Daly (DCU) went in the men's TJ and jumped 12.54m to finish 7<sup>th</sup>, he also went in the and cleared 3.60m for 5<sup>th</sup> place. Craig Coffey competition for IT Carlow, cleared 1.85m in the men's HJ for 6<sup>th</sup> place and jumped 5.03m for 15<sup>th</sup> in LJ. Siobhan Nash finished 6<sup>th</sup> for DCU in the women's 1500m walk in 7.41 and Emma Daly for DCU was 3<sup>rd</sup> in the Weight for distance with a toss of 7.50m and 7<sup>th</sup> in the hammer with a throw of 36.29m. Well done all

### **Great Ireland Run.**

Well done to Anthony McDonald who ran the Great Ireland run 10k over the weekend, running a PB of 42.02 to finish 391<sup>st</sup> over all. Audrey and Timmy Byrne ran the Junior Great Ireland Run 2.9 K for 9-11yr olds. Audrey was 3<sup>rd</sup> in 12.08 and Timmy was 14<sup>th</sup> 12.23. Well done all.

### **Coming up.**

The 22<sup>nd</sup> Annuals St. Abban's AC open Sports will take place Monday 1<sup>st</sup> of May, starting at 12.30pm. Track and field events for under 8's upwards. The student games will take on the 23<sup>rd</sup> of April, all local schools are welcome to take part. Any school requiring assistance in the lead up to games contact James Nolan.