

St Abban's Athletic Club News

12th Aug. '15

Barry Strikes Gold

The highlight of the track & field season saw the GloHealth National senior championships decided in very windy conditions in Morton Stadium, Santry. The club was reasonably represented and gave a good account of themselves to annex 5 silver and 1 gold at the end of the 2 days. James Moore was 5th in the junior 3K. Jamie Pender moved up to senior and finished 4th and 5th in the 100 & 200 heats. Eoghan Buggy was 4th in heat 3 of the 400 in 51.26. Conor Daly was 7th in the T.J. with 12.95 while sister Emma was 14th in the hammer with a fine throw of 40.72 mts. where we had one of the biggest fields of the weekend with 23 competitors. Stephen Lawlor was 3rd in race 1 of the 5K running 15-33.58

Nessa Millet despite not being in top form was the silver medallist in the 400 hurdles in 63.22 secs. It was silver also for Paul Byrne where he ran an excellent race to equal his P.B. of 50.72 and finish less than a second behind the World students games champion Thomas Barr. Running in the lane inside Thomas Paul made good use of the favourable lane and gave it everything while hurdling brilliantly displaying excellent technique. With a good winter man who knows. Eoin Kelly was among the medals from the word go in the T.J. the question being what was the colour. He found himself shunted back to bronze in the 4th round. Responding well he had a big one in the 5th round only to foul. Staying in control of himself he banged it out in the 6th round with good application all round for 14.67 a season's best and the silver.

Saragh Buggy was a very happy lady delivering a double silver in the triple and long jump's. Having secured the silver she went for it big time in the last round of the triple and it was new territory only for the red flag to indicate the smallest of breaks. On the Sunday it was the long jump and being in the form of her life she set P.B.'s on three attempts to finish with 5.77 mts. and her 2nd silver. It was left to the man himself Barry Pender to bring the gold and he duly did after a fantastic battle with Meath man Kourosh Foroughi. With both of them clearing 2.15 on the first attempt it was up to 2.19 where neither succeeded. The result was therefore decided on count back where Barry cleared 2.10 on his first attempt and Kourosh on his 3rd decided the result with Barry striking outdoor gold to add to his indoor title earlier in the year. Many congratulations to athletes, parents and coaches on another memorable week-end.

David Goes West

David Buggy moved up from the marathon to have a go at the Connemara 100 mile run. Having prepared diligently he was delighted with his trip and clocked 24 hours 19.03 seconds for same.

Parish Run

All is in readiness for the 60th Anniversary run over the parish 10K on the 30th August. Many thanks to all those who have come on board to sponsor the event. Again we would appreciate if some bunting could be erected around the route. Need any details contact either Mark or Bernard.

Final Stage

Friday evening the 21st August sees the concluding round of the JFSportsFit4Life league for 2015. Many thanks to all the athletes that supported the 2015 league and made it the success that it was. Thanks to JF Sports for sponsorship and special thanks to each area organiser for digging us out. Hope all the participants enjoyed the league and looking forward to seeing you at the final stage.

Leaving Certificate

Well done to all our members on their fine performance in the Leaving Certificate and best wishes in your future career. Keep in touch and make the best of it.

Membership

With several new members joining up it would be much appreciated if the membership form could be filled in and the appropriate fee passed on to Breda a.s.a.p. With the schools league and the county cross country around the corner now is the time to start into the winter schedule. Anyone interested welcome on board and best wishes for the season ahead.