

St Abban's AC

13th April 2016

Daena Soars to New Height Downey's Auto Laois indoor championships went back to the home of indoor athletics last weekend when they were held in Nenagh. An efficiently run championships with a decent turnout saw many class performances. Several new members made the trip and most went home satisfied and happy having enjoyed themselves. The highlight of the day was the class performance turned in by Daena Kealy. Having frequently cleared 1.60 in the high jump this height has been a stumbling block for the past two years. Saturday it was different with a first time clearance of 1.65 followed by a superb clearance at 1.68 making a whole new ball game. With the outdoor season just on us she has a good season ahead as she also won the 60 hurdles comfortably.

Other medalist's included:- Ashling Cawley 3rd U.10 60, Timmy Byrne 1st U.10 60 and 3rd U.11 350, Fionn O'Sullivan 3rd U.10 60, Jack Fenlon 1st U.12 60 1st U.13 600, Eoin Cawley 2nd U.12 60 & 3rd L.J., Adam Buggy 3rd U.12 60 & 1st L.J., Ruby Millet 1st U.16 60 & 1st shot, Tom Buggy 2nd U.16 60, 3rd U.17 800 & 3rd shot, Seoighe English 1st U.13 600, Amy Brennan 2nd U.13 600, Rebecca Fenlon 2nd U.15 800, Caragh Maher 1st U.17 800 & 3rd H.J. 1.50, Cian Kelly 1st U.17 800 & 3rd H.J. and 1st 1500, Lauryn Kealy 1st U.19 800, Maebh Maher 2nd U.19 800 & 1st H.J. 1.55, Katie Brennan 2nd U.12 L.J., Matthew Rossiter 3rd U.18 L.J. H.J. & Shot, Lucy O'Neill 2nd U.19 H.J., 1st 200 & L.J., Cian Burke 2nd U.19 H.J., 2nd snr 200 & 1st L.J., Sarah Graham 1st U.15 H.J. & 2nd U.15 shot, Shane Buggy 1st U.14 shot, Coady Tunstead 1st U.16 shot & 2nd U.18 shot, Nicole Kehoe/Dowling 1st U.18 shot & 1st snr shot, John Territt 2nd snr shot.

In the relays we had good performances taking silver in both the girls U.11 and the boys U.17 & 19. It was gold for the girls U.13, 17&19, Boys U.11 and boys U.13. Thanks to parents, coaches and officials for turning out and giving off their time.

Spar Run In the SPAR great Ireland run in the Phoenix Park Liam Byrne finished 168th in 38-34 with Anthony McDonald 208th in 46-44. Timmy and Audrey Byrne made the trip for the mini run. Congratulations to Lynda Fay who completed the Manchester marathon in 3-34. In round 1 of the Ballyroan/Abbeyleix league George Brophy was 65th in 22-07, with Dick Mullins 79th in 23-34 and Ned Buggy 98th in 26-26. Meanwhile Emma Daly started her outdoor season finishing 7th in the National throws hammer competition in Santry with a throw of 39.25 meters.

Road Championships The last of the county road championships for 2016 are scheduled for Portarlinton this Sunday 24th April. Masters and junior men and women are on the programme. Round 1 of the 2016 J F Sports Fit4Life is scheduled for Luggacurren on the 11th May, looking forward to your participation.