

St Abban's Athletic Club News

13th November 2013

Tom, Cian & David Make Leinster team

The uneven age Leinster cross country championships were held on an excellent course in Adamstown, Co. Wexford last weekend. With the village predominately called St. Abban with a hall, school, college all called after the man sure we felt right at home. The girls U.13 finished 8th club with Cara Maher 18th, Orla Davis 38th, Ruby Millet 45th and Orla Kelly 108th. In the corresponding boys event Jonathon Crossley was 95th with T.J.Burke 75th and Tom Buggy having an excellent outing to finish 8th. Starting rather slowly Tom made his way steadily through the big field entering the top 20 around the halfway mark. He continued his progress and picked of the opposition one by one to make it to 8th place at the finish and secure his place on the Leinster team for the All-Ireland's.

Laura Graham 62nd and Maeve Maher 81st performed admirably in the girls U.15 while Conor Hayden had to be happy with 69th in one of his first Leinster cross country events. Teammate Cian Kelly showed a big improvement on his Dunboyne performance to get himself into a good position early on and running fluently looked set for a good position and duly delivered finishing 10th and making the Leinster squad also.

The boys U.17 gave a class performance to finish 4th club with Fionn Maher 61st, Shane Bolger 40th, along with the welcome return of Gavin Deering 38th and the fantastic performance from our new recruit David Lawlor who was to the fore throughout, never putting a foot wrong to finish an excellent 8th and his place on the Leinster team for the All-Irelands. The last of the juvenile races saw the boys U.19 squad combine well to take the silver medals for the club. With James Delaney returning from UCC where he recently commenced his 3rd level studies leading them home in 17th place followed by leaving cert student's Joseph Barry 20th, Dylan Byrne 23rd and Aran Murphy 22nd, it proved to be a nice way for some of these lads to complete their juvenile activities over the country.

Breda & Colette add gold to the collection

In the intermediate ladies we had two competitors and they duly produced superb performances to score on the gold medal Laois team. In what was always a close battle we just got the verdict over a fancied Dublin quartet with Breda Mulcahy and Colette English finishing 7th and 9th respectively to help Laois to the title along with a representative from Ballyroan/Abbeylax and St. Michael's.

Ballyroan next Sunday

The Laois credit unions development cross country events for boys and girls U.10, 12, 14, and 16 will be run in conjunction with the county intermediate men and women on Sunday morning next 24th November commencing at 11.00 With all the individual

medalists from the championships in Stradbally and Emo along with team gold medalists that finished in the top 10 ruled out it is an ideal opportunity for those that missed the counties to get out for a run or perhaps those that have yet to give the sport a try. All are welcome to come along. Please report by 10.40.

Final Members Draw

The 2013 members draw will conclude in Behan's Tolerton on Sunday 24th November. Thanks to all those that supported the event and you could still be involved as a few tickets are available from the committee or contact Jimmy direct.