

St Abban's Athletic Club News

14th May 2014

History for Paul

Paul Byrne created history for St. Abban's AC last Saturday 10th May when he became the first athlete from the club to set a new National senior record in Greystones, Co Wicklow. Running in the seldom run 300m hurdles in far from ideal conditions, Paul started as usual breaking fast from the blocks he moved steadily down the back straight and was right in the thick of it as they rounded the bend. Down the finishing straight he simply moved up a gear or two as he drove majestically for the line off the final hurdle to open up a big gap on the remainder of a quality field. Ecstatic with his performance this will give him renewed confidence and hopefully will lead to greater things throughout the season. Many congratulations Paul from all in the club in making 10th May 2014 a big day in the club's history and a National record for you in the excellent time of 36.88 seconds.

9th May also a success

Despite the rough conditions the club had a fine turnout for Day 1 of the Laois Credit Unions county track & field championships held on the club grounds. At the outset it is only right to thank the many parents that came and supported their children who responded in fantastic style, supporting one another and in general turning in great performance. County champions crowned on the evening included:- Conor Daly, Aoife Campion, Aran Murphy, Darragh Kealy, Cara Maher, Tom Buggy, Laura Graham, Cian Kelly, James Moore, Colette English, Katie Brennan, Daena Kealy, Ruby Millet, Oisin Ryan, Orla Davis, Lucy O'Neill, Eoin Kelly and Shauna Daly. Silver and bronze medals went to:- Emma Daly, Saragh Buggy, Gearoid Kelly, Nicole Keogh/Dowling, Niamh Moore, Kevin Wilson, T. J. Burke, Moya Brennan, Amy Brennan, Denis Brophy, David McDonald, Jamie Pender, Aoibhinn McDonald, Lauryn Kealy, Maeve Maher, Fionn Maher, James Tyrell and Maire Griffith.

Added to the individual performances considerable success was recorded in the relays with the girls U.10, 14, 16, 18 & senior along with the male U.14, 16 and senior men all striking gold. It was silver for the girls U.12 and the senior men 'B' squad. Club captains can be proud of the achievement and many thanks to Breda Daly on an excellent job.

JFSports off to a Flyer

Round 1 of the JF sports fit4life league got off to a great start on Wednesday evening with 173 finishers (down 2 on 2013) in Luggacurren. The winners of the spot prizes on the evening included:- Colm Burke, Martin

McDonald, Mark Wogan, Kevin Farrell, Mairead Moore, Noel Burke, Kate Bermingham, Deirdre Murphy, Sean Ryan, Mairead Leonard, Maura Fleming, Gillian Langton, Linda McDonald, Irene Byrne, Annie Lacey, Jacqui Malone and Aileen Wynne. Round 2 takes place in Rossmore on the 28th May with registration in Oisín House from 6.30 with 4K starting at 7.30 All are welcome.

Well Done Mary

Congratulations and well done to Mary O'Driscoll on completing the Athletics Ireland basic coaching course in Emo. Looking forward to implementation of same.

Day 2 of the Counties

With day 2 of the Laois championships fixed for Tullamore on Sunday 25th May it would be nice to see as many as possible make the trip. Unfortunately the Leinster relays, and junior championships are on the day before in Greystones.