

St Abban's Athletic Club News

14th August 2013

St. Fiacc's Support

Round 7 in the JFSports/St.Abban's Fit4Life league took place in Graiguecullen last Wednesday evening. With 195 finishers it was another fine showing in this year's league, with the final stage fixed for the home course in Monavea on Friday the 30th August at 7.30pm with registration in the clubhouse from 6.20pm. Special thanks to the St. Fiacc's contingent for the large turnout and many thanks to the local community and the Garda for all their assistance.

Orla 4th

Orla Davis was our sole representative in the All-Ireland Development events in Tullamore where she had a fine race to finish 4th in the U.13 600 metres.

Thanks for you support

Many thanks to all those who supported our recent church gate collections. Your support is much appreciated and thanks to those that manned the posts.

A Resounding Success

The vibes were all positive with the feedback from our 12th Annual Activity Camp. With 93 in attendance it ensured that the club leaders had a busy time. Several sports, arts and crafts were mastered over the four days and most appeared to have had an enjoyable experience. Thanks to the club's older teenagers for being such good leaders and to the parents for helping out.

Barrowhouse 5K

Several club members went along to support the Barrowhouse 5K road race on Sunday which was run for the first time. It appears to have gone well with a large turnout among those that featured were:- Patrick Brennan, Michael O'Connor, Mark Wogan, Anthony McDonald, Niall English, Mark Murray, Dinny Whelan, Colm Burke, John Quinn, Colm McEvoy, Cormac Kelly, Peter Baldwin, Dolores McEvoy, Mary Boylan and Teresa Agar winner of the ladies section.

Final Graded Meet

The final Dublin county board graded meeting of the year was held in Santry on Wednesday evening last. Several club members participated and on a pleasant evening some fine performances were registered. These included:- Emma Daly

1st hammer with 44.13m, Saragh Buggy 3rd in L.J. with 5.19m, Conor Daly 1st H.J. 1.75m, Stephen Lawlor 8th in the 3K in a P.B. of 8-56.18, Brian Kelly 2nd in his heat in the 800m in 1-51.97 while Eoghan Buggy recorded a P.B. when finishing 2nd in his race over 200m in 23.28 seconds. Well done all round.

Many Congratulations

The Leaving Cert results arrived and much celebrations were had to acknowledge the achievements of several outstanding performances. Well done to students, parents and teachers and best wishes to all our club members as they embark on a new phase in their life.

Indoor & Cross country

A new season is just about to kick off and anyone interested in getting involved in the indoor and/or the cross country is very welcome along to the track any Tuesday and Friday evening at 7.30pm. Now is the time for you to step forward and become an active member of the club. Any parents interested in becoming involved please mention it at training any evening. Anyone interested in developing sprinting please let Pat Kelly know a.s.a.p.

Luggacurren Road Race

The 22nd running of the Luggacurren 10K will take place on Sunday 8th September with the walkers getting underway at 12.30pm and the race commencing at 1.00pm. As usual a warm reception awaits all who turnout in Luggacurren and I'm sure your presence will be much appreciated.

World Champion

Several club members and the general public were delighted to see Robert Heffernan win the gold medal for the 50K walk in the world championships in Moscow. Having had a 4th place finish in Barcelona and last year in the Olympics in London it was a supreme effort to take the gold on this occasion. He becomes Ireland's 3rd gold medalist behind Eamon Coghlan and Sonia O'Sullivan at world championship level.