

# St Abban's Athletic Club News

14<sup>th</sup> Oct.'15

## McEvoy Scoops the Grand

The first of our Members draw took place in the clubhouse last Friday evening. Timahoe man Colm McEvoy took the 1<sup>st</sup> prize of €1,000 courtesy of his training partner Colm Burke. The €500 went to P.J. Dowling and family Monavea, with €100 going to Teresa & Paul Byrne, Oisín Byrne, Willie Dowling, Bernard & Anne Graham and Jim & Mary O'Neill. The next draw takes place on Friday the 30<sup>th</sup> October in the clubhouse. Still plenty of time for anyone interested to join up. Tickets available at training in the clubhouse. Thanks for YOUR support.

## Cullahill a Resounding Success

The turnout and performances were much more like it when the uneven ages and intermediate cross country championships were decided in the beautiful village of Cullahill last Sunday. The G.U.9 set the ball rolling and we had a keen battle between Jessica Murray and her teammate Eabha Kehoe with Jessica just getting the nod on the line. A new star appeared from the Monavea road when Fionn O'Sullivan was a clear winner of the B.U.9. The G.U.11 secured the gold medals led home by Katie Brennan in 3<sup>rd</sup> place followed by Aoibhín McDonald 8<sup>th</sup>, Niamh Graham 9<sup>th</sup> (her first real cross country), and Audrey Byrne 10<sup>th</sup> scoring with support from Katie Baldwin 14<sup>th</sup>, Danielle O'Driscoll 17<sup>th</sup> and Holly Byrne 25<sup>th</sup>. Not to be outdone the B.U.11 also took gold with a fantastic battle between Jack Fenlon and Adam Buggy for the individual crown with Jack just getting the verdict. Evan English finished like a train for 4<sup>th</sup>, while Eoin Cawley made his cross country debut in fine style for 6<sup>th</sup> and 4<sup>th</sup> scorer. Lee Murray led the 'B' squad to the bronze finishing 7<sup>th</sup>, with Ryan Harrington 15<sup>th</sup>, Sean O'Sullivan 16<sup>th</sup> and Jack Milton 23<sup>rd</sup>.

It was gold also for the G.U.13 led home by Amy Brennan in 5<sup>th</sup> and Seoighe English on her shoulder 6<sup>th</sup> and Maebh Gallagher with perhaps the run of the day 7<sup>th</sup> and Hollie Brennan completing our team in 11<sup>th</sup> place. Our good run had to change and it was the B.U.13 that started the decline where we had just the two well done to Sean O'Driscoll 11<sup>th</sup> and Shane Buggy 13<sup>th</sup> for doing the business. The G.U.15 got us back to collecting gold with Rebecca Fenlon 4<sup>th</sup>, Aoife Gallagher 7<sup>th</sup>, Caragh Maher 9<sup>th</sup> and Ciara Harrington 10<sup>th</sup> completing the team and getting great support from Sarah Graham 12<sup>th</sup> and Orla Kelly 13<sup>th</sup>. T.J. Burke was an impressive winner of the B.U.15 to add to his U.14 crown. Alas we had no team support. The G.U.17 saw new ground being broken with Maebh Maher winning her first Laois cross country title. It says a lot for her commitment and training put in. Laura Graham was 4<sup>th</sup> and Niamh Moore 6<sup>th</sup>. Cian Kelly completed the double also winning the B.U.17 impressively. With new comers Darren Roberts 5<sup>th</sup> (an impressive finish) and Killian Mulhall 8<sup>th</sup> backed up by Gerard Kelly 9<sup>th</sup> and Niall Egan 10<sup>th</sup> another team title was secured. Caitlin McDonald impressed in finishing 2<sup>nd</sup> U.19 with Cian Burke 5<sup>th</sup> and David Baldwin 6<sup>th</sup> in the B.U.19 The ladies intermediate was a very competitive affair with the team result in doubt right the way through. Margo Dowling had a fine run to take the individual bronze and when the points were added led the team to a 1 point victory. Mairead Moore was 6<sup>th</sup>, Kate Bermingham 7<sup>th</sup>, Deirdre Brennan 12<sup>th</sup> and Ann Nicholl 13<sup>th</sup>. The men's squad were equally impressive to add the intermediate title to the novice with Danny Lawler crossing the line in 2<sup>nd</sup> place followed home by Cormac Kelly 3<sup>rd</sup>, Gary Cantwell 6<sup>th</sup>, James Nolan 11<sup>th</sup>, and Dorel Picovici 14<sup>th</sup> to complete the scoring. Niall English

16<sup>th</sup>, Danny Aylsbury 19<sup>th</sup>, Francis Fleming 21<sup>st</sup> and Liam Byrne 22<sup>nd</sup> completed our performances on a beautiful morning in Cullahill.

### Coaching Course

It is hoped to have an introductory coaching course this side of Christmas. Anyone interested please sign your name on the sheet in the clubhouse.

### Christmas Party

It is hoped to have same in the Talbot Hotel on Friday 18<sup>th</sup> December. Again if interested please fill in your name on the sheet in the clubhouse.