

St Abban's Athletic Club News

15th April 2015

Season off to a brilliant start

The Universities T & F championships were held on the Mary Peters track in Belfast over the weekend and what an excellent occasion it was for the club. With 12 club members representing Dublin City University (DCU) and the Institute of Technology Carlow (ITC) each performed majestically amassing a grand total of 11 medals (5 gold, 4 silver and 2 bronze). Brandon Fennelly returned to competition with 9th place with a throw of 34.57 in the hammer. Craig Coffey was 6th in the high jump with a leap of 1.80, while Conor Daly was 5th in the triple jump with 13.38. Eoghan Buggy was a member of the DCU 4 x 400 relay along with Brian Kelly that took bronze in 3-22.71. Barry Regan just failed to make the 100 final losing out by 0.01 of a second with 11.27 in the semi-final, made up for it scoring on the ITC 4 x 100 squad that took silver.

Emma Daly was the silver medalist in the 8 Kg for distance with a throw of 6.90 Siobhan Nash had to settle for silver in the 1500 walk in a time of 7-08.87. Sarah Buggy made a welcome return to competition and showed her competitiveness with a winning leap in the final round to win the triple jump with 11.22 Mary Ann O'Sullivan displayed all her battling qualities to get up over the final few strides to add gold for the 1500 to her cross country performance earlier in the year. In doing so she managed a superb 4-35.27 for the trip and brought DCU home to silver in the 4 x 400m for good measure.

Barry Pender came out tuned up and opened impressively taking the high jump crown with 2.10 clearance. Brian Kelly adopted a different tactic than normal coming with a late run down the finishing straight into a strong headwind to win the 800 in 1-54.47. His cousin Cormac displayed plenty of guts to survive in a great battle for the line to win the 1500 in 4-00.97 clocking the same time as the runner up. DCU were the overall team winners.

McEvoy heads off to Finland

Colm McEvoy took some time out to make the trip to Finland to compete in the Masku half marathon where he registered a time of 79 minutes and 6 seconds for the distance and 2nd place overall.

It was off to Rotterdam for the trio of ladies doing the marathon with Lynda Fay recording 3-34 for her 9th marathon, while she was accompanied by Bernie O'Brien and Tricia McCord.

It was way out West for Caitriona McDonald for the Connemara marathon where she was in P.B. form clocking 3-39

Crookestown & Ferrybank

Club members traveled to the Crookestown Millview open sports in Kildare and the Ferrybank sports in Waterford. Those to feature in Crookestown included:- Sarah, Laura and Bernard Graham, Nicole Kehoe/Dowling, Adam Jones, Sean & Danielle O'Driscoll, Aoife Gallagher,

while those that carried the colours in Ferrybank included:- James Moore, James Tyrrell, Caragh and Maeve Maher and Ruby Millet.

Portarlington

Laois master's and junior road championships are scheduled for Portarlington on Sunday next the 26th April, while the Leinster's are on the 4th May in Gowran.

20th Annual Sports

We are hosting our Annual open sports on the 4th May bank holiday commencing @ 12.30
Anyone in a position to help out is more than welcome Please report to clubhouse by 12.15