

St Abban's AC

16th March 2016

Ballylinan Clear Winners

The club's 31st National schools table quiz, kindly sponsored by Dineen Refractories, was well supported as usual with 38 teams representing 12 schools taking part. The Ballylinan Lads (Lorcan Page, Cian Dunne, Jesse McEvoy and Conor Loughman) scored a magnificent score of 68 Marks out of a possible 70 to take the Fr. Kennedy Cup. Knock 'Eliminators' (Conor Fitzpatrick, Jamie Gorman, Ian Dalton and Liam Kehoe) were 2nd with Killeshin 'Brainiacs' (Conor Heffernan, Matthew McCutcheon, Rachel Stock and Kate Brennan) finishing in 3rd place with Knock 'Quirky Quartet' and Knock 'Culchie Powers' tying for 4th place. Thanks to our sponsors, parents and teachers for supporting the event. Many thanks to Killeen Hall committee for the use of facilities and to all those that assisted Pat Whelan and the team in promoting the event.

Next Invitation

All our local Primary schools are invited to participate in our 43rd Annual Student games which are scheduled for the club grounds on Sunday 17th April commencing at 1.30pm. The programme of events are in the schools, if you require further information contact James Nolan on 0860865240

New Coaches

Congratulations to those that undertook the Introductory coaching course recently. All appeared to have enjoyed the experience and look forward to getting involved with our younger members. Those who completed the course and received certificates included:- Josceline Ayres, Carmel Byrne, Carol Brennan, Caitlin McDonald, James Nolan, Stephen Lawlor, Tom Kehoe and Niall English.

Carlow Runs

We were well represented in the Graiguecullen GAA 5K and the St. L. O'Toole 5k and 10K last weekend. These included Peter Baldwin 4th 18.41 and 4th in 19.04, Mary Boylan ran the double also clocking 23.51 for 2nd and 23.58 for 9th the following day. Others included Carmel Hughes 104th in 34.19 along with Noeleen Condrón 79th in 33.59 and 105th in 34.19 also completing the double, Pauline Doyle 34th in 28.07. Anthony Brennan 29th 23.52, Mary Whelan 90th in 36.54, while 10K performances included Caitriona McDonald 1st lady in 45.24, Mairead Moore 3rd lady in 47.54 and Sharon Buggy 5th lady (1st O.40) in 48.21

Ruby Rules the Jumps

The first weekend of the GloHealth All-Ireland Indoors took place last weekend. Amy Brennan was our youngest qualifier and in her first National Indoors she gave it everything qualifying for the final of the 60m hurdles when finishing 3rd in her heat. Having another fine run she was 7th in the final coming home with a wealth of knowledge and a P.B. of 10.28 seconds. Matthew Rossiter also had a P.B. registering 3.10m in the pole vault for 5th place and a good preparation for the outdoor season. Coady Tunstead continues to improve setting a new P.B. of 11.31m when finishing 7th in the shot.

Our first medallist was the consistent Clare Delaney going over 2.40m in the pole vault for bronze. It was silver for Daena Kealy in the high jump with her usual clearance of 1.60m. The star of the championships was Ruby Millet who had a magnificent day on Sunday starting off with her 6th round jump of 5.40m (silver medal performance was 5.38) to take gold in the longjump. She moved to the highjump and showed excellent technique to clear 1.64m for her second title and just for good measure went on to take the bronze in the 60m hurdles in 9.08 seconds. A tired but happy lady completed an almost perfect day. Thanks to parents and club coaches for the great support.