

St Abban's Athletic Club News

16th April 2014

Saragh, Eoin & Brian scoop National titles

The prestigious All-Ireland University track & field championships were held on the newly refurbished regional sports centre track in windy conditions in Waterford last weekend. Club members as usual gave it their best for their 3rd level college. Brandon Fennelly representing IT Carlow was 8th in the hammer with 33.04m. Shauna Daly, in the colours of DCU, was 6th in the shot with a putt of 10.11m, while brother Conor was 6th in the Pole Vault with 3.00m and 5th in the T.J. with 13.20m. Younger sister Emma Daly was 4th in the hammer with a throw of 36.64m, it was 3rd in the javelin with 30.33m and silver in the weight for distance with 7.53m. Cormac Kelly had a dream performance when qualifying for the 1500m final. In the final we had 4 athletes away early on and Cormac leading the chasing group. Gradually the gap closed on the two early leaders who were now dropped. Still in 5th place going through the bell it took an almighty effort from Cormac but cometh the hour he was up to it and moved to 4th entering the home straight and just edged the bronze in the last few strides for the line and recording a mighty new P.B. going under 4 minutes for the first time stopping the clock at 3-59.80

Saragh Buggy put herself under severe pressure fouling her 1st and 2nd attempt in the triple jump. Remaining calm under the pressure she needed to measure in the 3rd round or she was out. As per normal she delivered measuring 11.53m and adding another title to her collection. Alas she gave her ankle a twist in the attempt and sat out the remaining efforts. Eoin Kelly has been flying in the indoors and carried the form through to the start of the outdoor campaign. He got things off to a great start with a new P.B. and a club record of 6.82m for 4th place in the long jump. In a tight competitive affair he collected the title in the colours of UCC with a jump of 14.54m in the triple jump, the same distance as the silver medallist with Eoin's 14.46 2nd attempt securing the win.

The DCU athletics captain Brian Kelly qualified comfortably for the 800m final when finishing 2nd in his heat. Content to tag along for the first lap in the final, he unleashed his effort down the back straight moving right through to take the lead. From here to the finish it was everything with a mighty effort to hold the lead over the final 50 metres and out dip the opposition on the line to secure the gold medal in a time of 1-54.80 - a nice opener to the season.

With three 3rd level institutions availing of club talent it was a nice weekend with 2 6th placing's, 2 5th placing's, 2 4th placing's, 2 bronze medals, 2 silver medals and 3 gold medals. Well done all round.

Busy Week

Teresa Agar returned to Ballyroan, one of her favourite haunts and secured another win in round 1 of the Ballyroan/Abbeyleix league. Colm Burke continued his good form finishing 2nd in the Ballyfin A.C. dash for cash. Sean Kelly and Dinny Whelan were delighted to support the event. In the Crookestown/Millview open sports the following made it to the

rostrum:- Danielle O'Driscoll, Orla Davis, Ruby Millet, Conor Dowling, Tom Buggy, Evan Dowling, Nicole Kehoe/Dowling, Sean O'Driscoll and Denis Brophy. Kevin Wilson made the trip to the Ferrybank sports in Waterford worthwhile setting a new P.B. of 1.75m when winning the high jump and 5.16m when finishing 3rd in the long jump.

During the week two notable performances were recorded in Irishtown, Dublin when James Moore ran 2.02 and Aran Murphy 2-05 when finishing 1st and 2nd over 800m in the Knockbeg colours.

Student Games

All local school children are welcome to come along to the track next Sunday 27th April for the annual student games. We would like to see parents come along and give their children the opportunity to see what the sport is like. Competition for U.7 right through to U.17.

Fixtures:-

27th April – Student Games Club Grounds 1.30pm
27th April Laois masters road championships Portarlinton 11.30am
29th April Laois Secondary Schools T & F Club Grounds 10.30am
2nd May Day 1 South Leinster schools Scanlon Park 10.00am
5th May Club Open Sports club grounds 12.30pm
5th May Leinster novice and masters road championships Gowran
7th May Day 2 South Leinster schools Scanlon Park 10.00am
9th May Day 1 Laois credit unions county T & F Club Grounds 6.30pm
14th May Round 1 JF Sports Fit4Life League 4K road walk, jog, Luggacurren 7.30pm
14th May Leinster schools Santry 10.00am
17th May Leinster schools Santry 10.00am
18th May Round 1 National League Men & Women