

St Abban's AC

16th November 2016

Ruby Secures Place on the Irish Team

In the GLOHEALTH All-Ireland schools combined events held in Athlone last Saturday Ruby Millet put in a magnificent performance spread over 5 events to finish in 2nd place and secure her place on the schools team for the indoor International in Athlone on the 10th December. Distributing her effort nicely, she ran the hurdles in 8.96 seconds, recorded 5.38 in the long jump, cleared 1.67 in the high jump, threw 9.29 in the shot and ran the 800 in 2-34.89 for a points total of 3,515. A very good score so early in the season. Best wishes in the International Ruby.

Colm Comes Good

Only getting over the flu Colm Burke decided to travel to Scotland for the home countries Masters cross country and duly turned in an excellent performance to finish 7th in his category O.50 and 2nd Irish man home, while they finished 2nd team. Laois had a magnificent turnout of 7 athletes making the grade. Dick Mullins was a late addition to the team and had a fine run in the O.70 being 3rd scorer on the Irish team that finished 4th. Stephen Hunter entered in the open 8K event held in conjunction with the masters event and gave a great account of himself to finish 2nd across the line. The masters going well.

Medals Hard to come by in Tyrrellpass

It was the turn of the uneven Leinster age groups and the seniors to contest the cross country championships. Held in the same venue as the even ages a couple of weeks ago, the weather made the course that bit more difficult. Stephen Lawlor was our sole senior on display and he finished a fine 2nd, in the ladies equivalent the defending champion Mary Ann O'Sullivan turned in a fine performance (returning from injury) to finish 5th. In the juvenile events boys U.11 Evan English 46th, Jack Milton 77th, Harry Gordon 88th and Timmy Byrne 108th. The U.13 saw Jack Fenlon 21st, Lee Murray 41st, Adam Buggy 54th and Eoin Cawley 57th for 7th team. T. J. Burke was 21st U.15 while Cain Kelly was 2nd in the U.17 and led Laois to the silver medals. Cillian Mulhall was 40th in the junior men's event. In the girls U.11 it was 12th team with a brand new team making their first entry at this level – Ciara Malone 54th, Moya Brennan 59th, Jessica Murray 81st, Katie McGrath 103rd and Katie Baldwin 110th. U.13 we were 12th team also with Seoighe English 17th, Audrey Byrne 91st, and Aoibhin McDonald 107th Holly Brennan 110th. Rebecca Fenlon was 15th U.15, with Caragh Maher 35th and Meabh Maher 20th in the U.17 & U.19 respectively.

Defence Forces 10 K

Brian Kelly had a fine run in his new surroundings when tackling An Cosantoir championship's recently. Finishing a fine 5th when running 34-58 for the event. The 2nd members draw will take place in Behans on Sunday 20th November. Best wishes to all those who have qualified for the first (Even ages) of the all-Ireland's in Abbottstown Dublin on Sunday 27th November.

Congratulations to Saragh Buggy who has been nominated in the U.23 category for the 2016 Irish Life Health National Athletics Awards. The awards will take place on Wednesday 30th of November in the Crowne Plaza Hotel, Northwood. Saragh captured the National senior, U.23 and the Universities indoor and outdoor titles for 2016 and set a new National U.23 record and moved to 2nd place on the all-time Irish list in the triple jump.