

## St Abban's Athletic Club News

18<sup>th</sup> February 2015

### *Maher Sisters on the move*

The first weekend of the GLO Health Leinster indoor championships were decided in the International arena in Athlone. The juvenile section saw good performances from the Lacey brothers Josh and Jack over the 800m and 1500m. Oisín Ryan and Tom Buggy acquitted themselves well also and will have learned from the occasion. Cian Kely continued his fantastic season for silver over 1500m in a new P.B. It was silver also for Cara Maher when she ran two excellent races over 800m to post a new P.B. also. But perhaps it was her sister Maeve who was happier on the day when she took gold in the triple jump in a new P.B. of 9.30 meters. She was a happy customer and enjoyed her first Leinster gold medal.

In the senior Jamie Pender had two fine runs over 60m and 200m. Barry Regan ran 7.15 in the 60m to win the bronze. The 3,000m meters was a club classic with Brian Kelly, Stephen Lawlor and Cormac Kelly locked together throughout In the early laps. Cormac cut out a steady pace, then Brian went to the front and shoved it on with Cormac appearing to suffer. Next up it was Stephen at the front and he succeeded in opening up what looked like a winning break. With over 30 meters to spare at the bell it was his title to loose and sure enough Cormac dug deep to catch Stephen on the home straight for gold , with Stephen having to settle for silver with Brian in 4th spot.

Conor Daly competed in the long and triple jump and captured the silver medal in the triple. His teammate Eoin Kelly collected silver in the long jump and retained his title taking gold in he triple jump. Barry Pender was a clear winner in the high jump when clearing 2.14m (just over 7 feet in old mans terms) for a new season's best.

### *Barry joins the big boys*

The greatest height ever achieved in this country in the high jump was updated on Wednesday evening when Mutaz Barshim from Qatar cleared a magnificent 2.41 meters in AIT Athlone and the stadium erupted. He came and he delivered and was unlucky not to achieve 2.44m. Our own club man Barry Pender had an excellent evening with first time clearances up to and including 2.15m improving his seasons best on the previous Sunday. He can be well happy and look forward to mixing it with the big boys.

### Registration Time

The club has 178 members registered for this year. As it is a condition that only registered members can compete in championship events it would be much appreciated if those wishing to join the club could fill in an application form and return with your membership fee. Membership forms can be downloaded from the St Abban's AC website.

### Fit4Life

The numbers are increasing gradually at the track at the moment. All are welcome to walk, jog or run at whatever pace they so wish. As and from Monday night next a special session will commence for walkers only. Why not come along with your friend and enjoy the trip at YOUR pace.