

St Abban's AC

18th May 2016

Paul is 2nd in Germany

Paul Byrne continued his good form with a 2nd place finish in the 400 hurdles in Ludwig Jall Sportsfest in Munich clocking 50.87 seconds. Brian Kelly had a season's best for the 800 clocking 1-50.32 in the British Milers in Manchester, while Eoghan Buggy had a P.B. for 100 when finishing 2nd in a time 11.09 in Waterford and Katie Brennan recorded 13.42 seconds. James Griffin was 4th in the U.K. championships in a time of 6-34 for the 2K steeplechase. In the Bob Heffernan 5K memorial road race over 5K in Enfield, Co. Meath Stephen Lawlor was 3rd in 15-16 and John Fenlon 25th in 16-34.

Teresa and Breda back to form

The Castlecomer road race drew a fine turnout last Sunday. Teresa Agar was a comfortable winner of the 5K run with Ann Nicholl/Waugh 2nd. In the 10 mile Francis Fleming was 5th in 67-47, Breda Mulcahy was 14th (2nd Lady) in 72-20, Caitriona McDonald 15th (3rd Lady) in 73-06, Adrian Brennan 29th in 79-23, Sharon Buggy 34th in 80-44, Anthony Brennan 43rd in 83-50, Carol Brennan 65th in 90-38 and Dinny Whelan 88th in 104-54.

Great Performances in Leinster schools

The club had one of its best ever outings in the Leinster school's in Santry on two beautiful days. With 23 club members qualifying from the South Leinster's representing 11 secondary schools it was great to see half of them qualifying for the All-Ireland's in Tullamore on the 4th June. Congratulations to athletes parents teachers and coaches on the fine performances all round. They results were:

T. J. Burke and Ivan Jones Knockbeg were 7th in the 1100 and discus respectively. Matthew Rossiter and Tom Buggy were on the Castlecomer relay team as were Orla Kelly, Aoife Gallagher and Sarah Graham on the St. Leo's relay. Aoife Gallagher recorded a new P.B. finishing 5th in the triple jump with 8.68. Laura Graham also registered a P.B. and 6th place in the T.J. with 9.29 while she was 7th in the 300 hurdles. Clare Delaney was 4th in the pole vault with 2.40 as was Jamie Pender in the 100 in a time of 11.35, Maebh Maher was 8th in the 800. Ciara Harrington (Presentation College) was 3rd in the discus with a new P.B. of 21.55 it was bronze also for Sarah Graham (St. Leo's) in the javelin also with a P.B. of 21.81, and finished 5th in the H.J., Ger Kelly (Knockbeg) was also in P.B. form registering 36.17 in the Hammer, Nicole Kehoe/Dowling (St. Leo's) was our only double medallist taking silver in the shot with 10.02 and bronze in the discus in a new P.B. of 31.08, Cian Kelly had a fine run taking silver in the 3000 in a fine time of 9-13.25, Caragh Maher (Gaelchloiste) ran a fine race to take the silver in the 800 in a very close finish just 4 hundredths away from first. David Rossiter (Castlecomer) won the minor boys pole vault with 2.70 on his first outing at this level, Coady Tunstead (Carlow Vocational) had a 1 centimeter win in the shot with a putt of 11.84 meters, while he was 4th in the hammer. Daena Kealy (Borris Vocational) won the high jump with a clearance of 1.64 while Ruby Millet (Kilkenny College) had a fine P.B. of 5.58 when taking the long jump title.

Day 2 County

Friday the 27th May sees the running of the 2nd day of the county T & F programme with proceedings getting under way from 6.45 @ Monavea. Would all juvenile members report to Breda to get as many relay teams as possible sorted. Local areas for community games are welcome to use the club facilities if they so desire. Entries close on the 1st June with county finals at the club grounds on the 5th June. A reminder to all senior athletes to get in contact with your team manager re availability for the National league the first round of which takes place on the 12th June.