

St Abban's Athletic Club News

19th February 2014

Paul & Eoin Take Silver

The 'Woodies' DIY National seniors were decided in the Athlone Institute of Technology last weekend. The club had some excellent performances and made a major contribution to the sport over the two days. Emma Daly was 7th in the shot with 9.34 metres, with sister Shauna 5th with 10.21 metres. Brother Conor was 6th in the triple jump with 13.22 Saragh Buggy was unfortunate having to withdraw from the triple jump having injured her ankle in warming up.

Nessa Millet traveled home from Loughborough and set a new P.B. of 56.54 seconds for the 400 which qualified her for the final, in which she was 5th in 57.02 Barry Regan had three fantastic runs over 60 metres clocking 7.09 in round 1 to qualify for the semi-finals where he clocked 6.98 seconds to make the final. In the final he went sub 7 again clocking 6.99 and a very close 5th just 4 hundredths of a second off the silver medal.

Eoin Kelly was also in superb form having a new P.B. of 6.78 metres (getting ever closer to 7 metres) when finishing 5th in the long jump. It was 14.34 in the triple jump and the silver medal for good measure. Paul Byrne was also in sparkling form, leaving the blocks in fantastic style he recorded a P.B. of 8.45 in the 60 hurdles semi-final and with a mighty effort took the silver in the final with a fantastic time of 8.29 seconds for a new club and county record. It was fantastic to see Barry and Paul starting so well, thanks to coaches John Maye and Jeremy Lyons on doing an excellent job. With 4 athletes in 5th place and two silver medals in was a most enjoyable weekend for athletes, parents and coaches.

Eoghan 7th in Glasgow

Eoghan Buggy made his 5th annual visit to Glasgow for the Scottish junior indoor championships. With the Commonwealth games being hosted by Scotland this year athletics has a high profile at the moment. The new indoor arena is a delightful venue and Eoghan enjoyed the experience clocking a new P.B. when finishing 7th place in the 400 metres.