

19th March 2014

Indoor League Success

Short the services of Eoghan and Saragh Buggy due to the death of their grandmother and with Paul Byrne down with the 'flu' it was always going to be a difficult task when the 1st ever National Indoor League was decided in the International Arena in Athlone. With every one prepared to give it their best shot and fight for every point it proved to be a very satisfying day with the men emerging 2nd overall and the ladies 3rd in a very close contest.

Katie Brennan continued her fantastic season with another P.B. of 8.05 in the 60m for 3rd place and 4th in the 200m along with a brilliant leg in the relay. Lauryn Kealy picked up precious points in the 800m when 3rd and played a key part in the relay. Maire Griffith came good in the 1500m and demonstrated her liking for the indoor arena when finishing 3rd also. Shauna Daly was 2nd in the shot with 10.12m and 6th in the triple jump with Anna Daly guesting in the triple jump and securing a new P.B. of 8.05m. Shauna did the business on her leg of the relay. Her sister and team captain Emma Daly decided to give the pole vault a go after the 1st round and duly delivered for all the hard work over the past 5 weeks to clear 2.10m and secure 3rd place. Nessa Millet traveled home from the UK for the occasion and gave a five star performance finishing 2nd in the long jump with 4.98m, 1st in the 60m hurdles 9.19 and 1st in the 400m in 57.56 along with the lead off leg in the relay. When the points were added Leevale emerged victorious on 65 points with Craughwell 2nd on 64 and St. Abbans 3rd on 60 points.

The mens team has been considerably strengthened by the commitment of Barry Regan in the sprints over the past year or so and on Sunday it was 7.7 for the 60m and 2nd place and clocking 22.90 in the 200m for 4th place and a leg of the relay where we were involved in a great battle, just piping Crusaders on the line. Cormac Kelly gave it everything over the 1500m to secure 2nd place in 4-08.82 and ran 54.24 for the 400m. Paul Byrne despite his sickness was 4th in the 60m hurdles. Conor Daly was 3rd in the high jump and 5th in the shot. James Delaney showed everything is going well for him since he moved to Cork with a new P.B. of 3.50m and 3rd place in the pole vault. Eoin Kelly has been in terrific form throughout the indoor season and picked up big points finishing 3rd in the long jump with 6.58m and winning the triple jump with 14.40m along with a strong leg of the relay. Brian Kelly once again probably had the club performance of the day winning the 800m in fine style in 1-54.75 and anchoring the relay team to victory. An exciting day concluded with Leevale completing the double and our men's team in 2nd place. A good foundation was put in place for the outdoor season. Again the men's squad would be well strengthened with a few throws personnel. Anyone interested welcome to come along.

County Indoors

We had small representation at the inaugural Laois credit unions county championships held in Athlone last Friday night. Those that traveled acquitted themselves well. John Territt was 2nd in the shot with 9.95m, Nicloe Keogh/Dowling won the shot as did Tom Buggy in the U.14. Ruby Millet collected gold in the hurdles, shot and 60 mts along with 3rd in the high jump. David McDonald was 3rd in the U.14 60m and won the U.13 600m.

Portlaoise 5K

We had 18 finishers in the Portlaoise annual 5K road race held on St. Patricks day. With a good atmosphere and a fine turnout Colm Burke led our crew home finishing 3rd in 16.09,

Dermot Ayres with his best performance in a long time was 8th in 16.49 while it was great to see James Moore have a blinder after all his problems finishing in 10th place and 1st junior in 16.57 Colm McEvoy was 11th and 2nd O.45 in 17.02, Philip Roche was 17th in 17.27 and David Lawlor 25th and 2nd junior in 17.49, James Nolan recorded 18.12 when finishing 32nd with Breda Mulcahy 52nd in 19.22 Joe Harding looked well in the club colours clocking 19.31 in 54th place with Matt Moore 59th in 20.00 and Patrick Brennan 68th in 20.35 Mairead Moore was 91st in 21.32 and Sean Kelly 121st in 22.44 Dinny Whelan was 176th in 22.54 with Caitlin McDonald 136th and 2nd junior lady in 23.28 while Carmel Hughes was 241st in 27.11 from 561 finishers. Daragh Kealy was 4th and Orla Kelly 5th in the juvenile race in which there was 255 starters.

St. Laurence O'Toole 5k and 10K

Here we had 14 finishers on Saturday in Carlow with Colette English 16th overall and 3rd lady in 19.39 for the 5K, while Mary Boylan was 43rd and 2nd O.40 in 22.41 Laura Graham was 65th and 5th junior in 25.37 while Deirdre Brennan was 81st in 27.02

In the 10K James Griffin was 3rd across the line and 2nd senior in 35.20, Peter Baldwin was 12th in 38.12 and Teresa Agar 25th and 2nd lady in 40.31 Francis Fleming was 27th in 41.06 and 1st O.50, Mark Wogan finished 40th in 43.47 and Lynda Fay 55th in 46.24, Caitriona McDonald was 62nd in 47.11 with Sharon Buggy 113th in 52.38 Maire Fleming 158th in 55.38 and Michelle Harrington 174th in 57.53. Over 530 finishers between the 5k and 10K

Dineen Refractories Primary Schools Table Quiz

Killeshin emerged victorious by the slimmest margin of 1 point from Arles when the 29th Annual National schools table quiz was decided in Killeen Hall on the 12th March. Killeshin scored 59 points from a possible 70 with Arles on 58 and Moneenroe taking 3rd spot on 55 points after a three way tie-breaker, involving Ballyadams and Killeshin 'B' squad. 34 teams represented 9 school's in the semi-finals. Thanks to parents, teachers and students for a fine turnout and to Pat Whelan and his team for another brilliant show. The Fr. Kennedy cup rests in Killeshin for another year.

1st Killeshin:- Ellen Dempsey, Ciara McDonald, David McDonald and Cara Maher.

2nd Arles:- Daragh Murphy, Jack Ross, Molly Byrne and Alice Mooney.

3rd Moneenroe:- Dara Delaney, Daragh Brennan, Colin Dragoi and Eva Brennan.

4th Ballyadams:- Ciaran Burke, Eoin Cahill, Ian Shanahan and Ronan Weston.

5th Killeshin:- Aidan Monaghan, Daniel Mulhall, Conor Stafford and John Heffernan.

6th Knock:- Eoghan Fitzpatrick, Mark Kehoe, Aaron O'Dea and Jamie Stafford.

Laois Road Championship

The county senior road championship will be decided on the Turra Circuit on Sunday 30th March with the ladies over 4K @ 12.00 and the men's over 8K at 12.15. It should be entertaining and a close affair.