

St Abban's AC

20th Jan 2016

Mary Ann Returns in Style

The Leinster senior cross country championships were decided in tough conditions in Kilmacow last Sunday. In the senior ladies Mary Ann O'Sullivan returning after a protracted injury, started slowly settling in near the back of the field. Just about being in the early 20's at the halfway mark she worked her diligently forward making the top 15 with around 1200 meters to go. With every stride counting it was into the top 8 with 800 to go and it was into the medals with 400 to go. Still working very hard and with great strength on the hills it was a run to the finish line where she just got up with two strides to go to snatch the Leinster title for a brilliant victory and a very welcome back and a great start to the New Year. In the junior ladies Maebh Maher had a fine run to take the bronze.

In the juvenile relays held in conjunction with the senior programme we fielded two teams. The boys U.12 team of Adam Buggy, Evan English, Eoin Cawley and Jack Fenlon put on a fine performance to take the bronze medals over 4 x 250. With each lad putting in the effort it was a good team effort. Our girls U.16 team went one better taking silver in the 4 x 500. Led off by Ruby Millet who started steadily and came through the final 150 in superb form, to hand over to the Arles lady Aoife Gallagher she passed the baton safely to Rebecca Fenlon who despite dropping a place had the strength to regain 2nd spot on the tough uphill finish. She handed over to Killeslin's Caragh Maher who maintained our position to win silver behind the strong Thomastown girls who medalled in the All-Ireland's before Christmas.

Indoor Start

Some of our seniors got the indoor season off to a good start in Athlone on Sunday last. Shauna Daly ran 8.54 for the 60 with Katie Brennan 8.39 and Sarah Buggy 8.10 seconds for the 60 and reaching 5.46 in the L. J. In the men James Moore clocked 2-02.72 for 800 with Conor Daly jumping 5.88 for the long. The Leinster juveniles are getting underway shortly for U.12 to U.19 for those interested please fill in sheet on the club notice board in the club house.

Blow Out

The lads decided to have a blow out before the National Intermediate on Sunday next with a sharpener in the Kilkenny Park Run over 5K Stephen Lawlor was 2nd in 16.08, Brian Kelly 3rd 16.11 and John Fenlon 5th in 17.00. In the Medway Park Run in England James Griffin won in a time of 17.17

Cian & Eoin Receive Awards

The Leinster star awards dinner took place in the Seven Oaks hotel Carlow with Cian Kelly being the recipient of the Laois male juvenile award and Eoin Kelly taking the Laois senior athlete

award. Pat Kelly was presented with a special award for his outstanding service to athletics. Earlier in the day Cian Kelly made his International debut representing the National U.17 Development squad in a race that also included the home Nations junior squads to finish 65th in a time of 22.11 from a field of 90.

Waterford Half

The postponed Waterford half marathon due to the storms went ahead and we had the following performances;- Carmel Hughes 1,222nd in 2-15.46, Michelle Harrington 1,124th in 2-08.36 and Mark Wogan 539th in 1-45.30

Schools Cross Country

The Laois secondary schools had a decent turnout in O'Dempsey's GAA grounds with Knockbeg featuring strongly in all the boys events. The action switches to Heywood next Wednesday for the South Leinster schools