

St Abban's Athletic Club News

20th May 2015

Mary Ann in Control

The AAI games mark the start of the Track & Field outdoor season for senior athletes. This year's games were held in Santry and we had 9 athletes participating, with several putting down good benchmarks to kick off the season. Barry Regan was 7th in the 100m in 11.47, with Jamie Pender registering 11.95 for the 100m and 24.20 for the 200m. Conor Daly was 5th in the triple jump with 12.98m. Sister Shauna was 5th in the discus throwing 28.17 meters, while Emma was 6th in the hammer throwing 39.22m. Eoghan Buggy was 2nd in his 400m clocking 51.34 with sister Saragh going out to 11.88 meters in the triple jump for 2nd place. It was 2nd also for Eoin Kelly with 13.79m in his triple jump. The stand out performance from the club came from Mary Ann O'Sullivan who won the 1500m comfortably setting a new P.B. of 4-30.66

Loughborough International

It was our 400m hurdles athletes that were on show in this meet where blustery conditions made sure that performances would suffer. Paul Byrne got a late call up and drew the inside lane from where he exploded and covered the first 4 hurdles in great form. Unfortunately that was as good as it got as he fought for survival and finished 6th. Nessa Millet was given lane 3 and ran an excellent race throughout leading by about 3 meters over the last hurdle. On striking the ground coming off the 10th hurdle her leg buckeled underneath her costing her momentum and form in her drive for the finish line where she finished 3rd.

Leinster Schools

The 2nd day of the Leinster Schools were held in Santry last Saturday with 11 of our athletes taking part. These included Clare Delaney in the pole vault, Orla Kelly in the triple jump, David Baldwin in the triple jump, Ciara Harrington relay, Cian Kelly relay, James Tyrrell and Aran Murphy in the 800m, Aoife Campion 4th in 400m, Caitlin McDonald 4th in the 3K, James Moore 4th in the 1500m and David Lawler 4th in the 5K in an excellent 16 minutes and 10 seconds.

Laois Credit Unions County T & F

The postponed Day 1 of the Laois County T & F (due to weather) went ahead last Sunday in far better conditions. Never-the-less the turnout was very disappointing with very small numbers in all events. Club performances included:- Orla Kelly 4th 1200m, Jack Lacey 4th 1500m, Shane Buggy 5th in both the 80m and 600m, Aoife Gallagher 4th in both the 200m and L.J. and 5th in the high jump. David Baldwin 4th in 400m and 3rd in L.J., Cian Burke 2nd 100m, 2nd 400m and 4th L.J. David McDonald 1st 200m and 3rd 100m. Maebh Maher 2nd 1500m and 2nd high jump. John Territt 2nd discus as was Ivan Jones. Caragh Maher 1st 1200m and 1st H.J. Tom Buggy who had an outstanding championships 1st in 100m, 1st 1500m, 1st high jump and 3rd in the 200m while Laura Graham was equally impressive taking gold in the 400m, 1500m and long jump as well as silver in the high jump. Thanks to those that made the trip and all that helped out. Day 2 is on Saturday 30th May at 2.00pm in Portlaoise for U.9, 10, 11 & 12.

Rossmore this evening

The 2nd stage of the JFSports Fit4Life Summer League gets under way at 7.30pm this Wednesday evening 27th May with registration in Oisín House. You're all welcome.

60th Anniversary

To mark our 60th year a celebration day will take place at the track on the 28th June commencing at 2.00pm. All are welcome.