

St Abban's Athletic Club News

21st January 2015

Ruby Takes Bronze

The GLO Health National indoor combined events were decided in the International Arena in Athlone over the weekend. The club had two representatives with both giving a good account of themselves. Competing over 5 events (Hurdles, High Jump, Shot, Long Jump and 800 meters) Daena Kealy was 6th under 16 with a points total of 2,775 with a clearance of 1.62 in the H.J. being the highlight of her day. In the girls U.15 Ruby Millet came away with the bronze medal and a points total of 2,627 which included 9.54 secs. in the 60 hurdles and 9.23 in the shot - a nice opener to the indoor season.

Going Tough

It was tough going all round when the Leinster championships were held in conjunction with the home countries International in Dunboyne on Sunday last. Our two representatives in the junior men put in fine performances with James Moore 4th just 1 second of a podium finish and David Lawler 7th. Stephen Lawlor was our sole representative in the senior men and he acquitted himself well in good company to come home in 7th place after coming through from the low twenties at the half way stage.

James & Cian County Champions

O'Dempseys GAA ground was in excellent order when the Laois Credit Unions secondary schools cross country were decided on Wednesday. On this occasion club members represented just two schools with Aoife Campion being our sole female competitor and she came away a satisfied individual with a fine run over the country and 2nd place. The Knockbeg contingent were out in force and the inter boys were led home by Cian Kelly with James Moore leading home the senior boys. Other club members to feature included Jack Lacey, James Tyrrell (3rd a nice return to form), Aran Murphy and Gerard Kelly. Best wishes to all those representing their school in the South Leinster's this Thursday.

Fisherstown the Venue

The Laois novice road championships for women and men will be decided on the roads around Fisherstown on Sunday next commencing at 11.00am with the ladies event over 3K followed by the men over 6K An ideal start to the new year.

Leinster Indoors

Juvenile relays and the junior/senior and masters Leinster indoor championships will be held in Athlone on the 14th & 15th February. For all those interested please fill in the entry form in the clubhouse. Only registered paid up members can compete. So if not registered please sort out immediately.