

St Abban's Athletic Club News

21st May 2014

Double Success

Round 1 of the National League kicked off last Sunday, with both our men's and women's teams fielding in Waterford. With a good crew and captain Emma Daly calling the shots the ladies scored a total of 106 points to win the pool and set themselves up nicely for round 2. With Katie Brennan 4th in long jump, 3rd in 100m and 2nd in the 200m, she made a fine contribution. Lauryn Kealy was 3rd in the 800m, with Maire Griffith 2nd in the 1500m and Colette English making a return to the track a fine 3rd in the 3K. Saragh Buggy nursing a slight injury was 2nd in the triple jump and 3rd in 100m hurdles. Emma Daly was 2nd in the javelin and 3rd in the hammer while sister, Shauna Daly had a win in the shot and 2nd in the discus. The other individual victory came to new comer Aoife Campion in an impressive 58.78 for the 400m. Both the 4 x 100m and 4 x 400m relay teams also finished of the rostrum.

The men's team were equally impressive recording 9 victories (the most ever in the history of the club) and amassing a fine total of 122 points and should make the final comfortably. Barry Reagan was 4th and 5th in the 100m & 200m respectively. Danny Lawlor was 6th in the 400m, with James Nolan 7th in the 5K. David Lawlor in his first venture in this type of competition scored an excellent 3rd in the walk. Aidan Kelly was 4th in the hammer and 5th in the discus with Aran Murphy 6th in the javelin also making his debut in this competition. Willie Kelly was 5th in the shot and won the 56 lbs for distance. Paul Byrne was 3rd in the high jump and 1st in the 400m hurdles in a fine time of 52.66 seconds to be ranked number 1 in the country at the moment. Conor Daly won the pole vault as did James Griffin the steeplechase. Eoin Kelly had another excellent day at the office finishing 2nd in the long jump and winning both the triple jump and the 110m hurdles. Brian Kelly shoved out his 800 meters performance's with another victory and completed the double by winning the 1500m. The 4 x 400m squad comprising Paul Byrne, Danny Lawlor, Eoghan Buggy and Brian Kelly created a new club record of 3-23.29 when storming to victory in the final event of the day. Well done all round folks – keep it to-gether for round 2.

Leinster Schools

A total of 15 club members represented there schools in the Leinster schools track & field championships in Morton Stadium, Santry, with 6 qualifying for the All-Ireland's in Tullamore on Saturday 31st May commencing at 9.00 As usual an excellent days sport is on the cards and it will be all go until 6.00 so why not come along and treat yourself to some real action.

Tom Buggy was 6th in the 500m with Cian Kelly 4th in the 1500m clocking a P.B. of 4-26.91. James Moore was 6th in his 1500m with Aran Murphy 9th in the same race. Fionn Maher and sister Maeve were both 7th in the triple jump with Maeve creating a P.B. of 8.91. Eoghan Buggy was desperately unlucky despite running a P.B. of 50.36 seconds for the 400m, he lost out on the bronze by a mere 5 hundredths of a second. Ruby Millet secured a silver in the long jump and a bronze in the hurdles. Daena Kealy cleared 1.63 in the high jump for silver while Clare Delaney won the pole vault with a new P.B. of 2.30 Danny Lawlor ran a confident 800 to take silver, while Nicole Kehoe/Dowling was 4th in the discus and won the shot with a fine throw of 11.55. Kevin Wilson was in good form equaling his P.B. of 1.75m when finishing 2nd in the high jump while Aoife Campion was a comfortable winner of the 300m also in P.B. form clocking 40.61. Best wishes to all those qualified for the AVIVA National finals.

Nessa scores in Loughborough

Fielding out for her University Loughborough in the UK in the 'B' International 400m hurdles Nessa Millet executed another fine performance over the 10 barriers. Having some difficulty in recent runs around the mid way point she had a faultless execution on this occasion and romped to victory in a season's best time of 59.73 seconds. Hopefully when the exams are out of the way there will be much more to come.

Leinster Pairs

The Leinster U.9, 10, and 11 pairs championships along with the individual U.12 and 13 events are scheduled for Tullamore on Saturday 7th June. Best wishes to all concerned.