

# **St Abban's Athletic Club News**

21<sup>st</sup> August 2013

## ***St Abbans 4th in Ireland***

The final of the 'Woodies' DIY National League was decided in Tullamore over the weekend. The St. Abban's men's team were once again contesting the 'Premier' Division and hoping to improve on last years 5th place finish. Despite being short in a couple of key positions everyone present rose to the occasion and when the points were added together at the end of the day it showed the club in a fantastic 4th place just 5 points behind the mighty Clonliffe Harriers (North Dublin) on a score of 89 points to 94 points with Crusaders (South Dublin) the winners from Leevale (Cork). Despite this excellent showing quite a number of the crew were disappointed not to make the rostrum. On reflection it certainly was achievable.

Performances on the day included:- 100m Barry Regan 8th 12.36, 200m Paul Byrne 7th 23.40, 400m Eoghan Buggy 6th 51.55, 800m Brian Kelly 1st (his 12th consecutive win over 800m in the National League) 1-54.75, 1500m Cormac Kelly 4th 4-02.81, Steeplechase Stephen Lawlor 2nd (P.B. by over 10 seconds) 9-53.54, 110m Hurdles Eoin Kelly 4th 17.00, 400m Hurdles Paul Byrne 2nd 53.55, 3K walk Declan Byrne 4th 14-55.01, Long Jump Eoin Kelly 4th 6.50m and 1st Triple Jump with 14.25m, High Jump Conor Daly 5th 1.65m, Pole Vault Colin Byrne 3rd 3.40m, Shot – Aidan Kelly 6th 9.29m and 7th Discus, Javelin Liam Kelly 8th 32.99m, Hammer Brandon Fennelly 5th 36.41m, 56 lb for distance Seamus Fitzpatrick 2nd 7.57m and the 4 x 400m team of Paul Byrne, Eoghan Buggy, Eoin Kelly and Brian Kelly were 3rd in a new club record of 3-24.09. Thanks to all those that came along and supported the team. Special congratulations to all the coaches for their dedication and effort put into all the athletes and the team. Now is the time to sort out and improve a few areas for next year.

## ***Coon Latest Road Run***

The latest road race locally following Barrowhouse was Coon last Sunday where a large turnout assembled. Peter Baldwin underlined his massive improvement over the past few months to emerge victorious in a keenly contested event. The Rockford Road Race in Tinryland is on this coming Saturday evening at 5.30pm.

## ***22nd Annual Luggacurren 10 K***

This popular event takes place on Sunday 8th September. Noted for it's many hills it helps to sort the men from the boys and everyone that takes part enjoy the friendly atmosphere and a pleasant afternoon.

### ***Club Barbecue***

The second St Abban's AC barbecue will take place on Sunday 8th September in the clubhouse with food being served from 5.30pm to 6.15pm. Tickets are available from Breda and Bernard, costing €10 for adults and €5 for juveniles (U.16). All are welcome.

### ***National Masters***

John Territt enjoyed his trip to Tullamore to participate in the National Master championships where he took 3 gold and a bronze in the throwing events including shot, hammer, discus and javelin, while Josephine Brennan featured in the long jump.

### ***New Members Welcome***

Now is the ideal time for anyone interested in getting involved in the club to come along and join up. With the Track & Field season just finishing attention will turn to the cross country and the indoor season over the next month. If you're interested in giving any discipline a go, why not call to the clubhouse any evening of the week and get involved.

### ***Primary Schools***

The 18th September is the date set aside for the local Primary schools cross country. Looking forward to your school being well represented on the day.