

St Abban's Athletic Club News

22nd January 2014

Siobhan's Star Still Rising

The performances of Siobhan Nash in 2013 in the tough discipline of race walking were rewarded when she was selected as the Laois recipient of the National star award. Having performed superbly for club and school in her leaving certificate year both indoors and track and field this is the climax of an excellent juvenile career in the sport. Being selected for a couple of International events during the year and achieving a place in St. Pat's, Drumcondra where she is currently studying to become a primary school teacher demonstrates she got things fairly well balanced.

The only daughter of Margaret and Noel Nash (both former athletes) Siobhan played most sports in secondary school in Heywood. When she turned her attention to race walking she was a natural. Prepared to work hard in a sometimes lonely sport she gave up her other involvements and concentrated solely on race walking for the past couple of years. Gifted with natural ability and a willingness to work hard she has to decide on her commitments for the future. Hopefully being selected for this award will help her on her way. The presentation of the star awards will take place at a banquet in the Tullamore Court Hotel on Saturday 8th February. Many congratulations Siobhan from all in the club.

39 go to the line in Ballyroan

Fielding teams in almost every event (except junior girls) the club was out in force for the Leinster juvenile relays, junior and senior men and women cross country in Blandsford estate on an excellent course last Sunday. The six relay teams performed admirably with girls U.12 - 11th, U.16 - 7th and boys U.12 – 10th, U.14 – 8th and U.16 – 7th. It was the girls U.14 squad that brought some life to the big crowd of parents that had come along to support. Led off by Ciara McDonald, they were in the middle of the pack at the first change over with Ruby Millet moving them into 6th place on the 2nd leg handing over to Orla Davis with a controlled run came in strong to give the baton to Cara Maher in 4th, Cara continued the battle and moved into medal position around the half way mark. Closing down rapidly on 2nd the line came a little early and we had to settle for the bronze medals. A fine performance all round and should boost morale for the indoors in a couple of weeks.

Stephen Moves into Top Three

In the junior men's event over 6K we just lost out on the gold medals by a mere two points taking silver behind KCH. We had a sprint to the line between James Moore and David Lawlor to see who was the first club man home, with James 10th and David 11th (great to see both back and healthy after an illness), county champion Aran Murphy was 17th with two KCH athletes immediately in front of him. Dylan Byrne 21st completed our scoring with Michael Nash 23rd providing much needed back up. James, David and Aran were scoring members of the bronze winning Laois team.

The ladies senior saw Laois, despite having no representative of the county champions, finish a very close 3rd just a couple of points behind Wexford with Breda Mulcahy 15th and Teresa Agar 16th scoring. Colette English came in 28th and Maire Griffith 32nd where we finished 4th club overall.

The senior men over 10K and 5 laps saw Stephen Lawlor give a masterly display. A strong Raheny squad set down a marker early on with 6 athletes in the top 8 at the end of the first lap. Stephen decided to give pursuit and over the next lap moved right through into 3rd place. Having finished 6th in this event last year he never appeared in trouble and took the bronze individual comfortably. With this fine performance and plenty of support the other club members were giving it everything. Brian Kelly was having a superb run moving right through to 7th and with the man himself Colm Burke nailing down 10th we were on for medals. What colour to be decided, Raheny had the gold wrapped up but another of our more mature members came good and when Colm McEvoy crossed the line in 32nd position we had silver for the club on 52 points. It was silver also for Laois with Ballyfin and Ballyroan supporting Stephen, Brian and Colm in their quest for titles on home soil. It was a pity not to have the county champions on display. James Griffin 45th and Conor Barry 48th completed our performances. Well done all round and perhaps 2015 will bring that Leinster senior title!!

Leinster Indoors

Day 1 of the Leinster indoors will take place in Athlone IT on Saturday next the 1st February with juvenile relays and the 1500 metres along with triple jump and pole vault. The following day, the 2nd Feb, the AAI games will take place while the 9th February sees the 2nd day of the Leinster championships taking place, which will include junior, senior and masters.

Proposed Dates

The following are the recommended dates for the 2014 Fit4Life league 14th and 28th May, 11th and 25th June, 9th and 23rd July and 6th and 20th August. Making plans please include them in your diary. As usual all events will be over 4K and are ideal for walkers, joggers or the serious athlete. More details to follow.