

St Abban's Athletic Club News

24th July 2014

Glo Health National Seniors a major success

The highlight of the year for all aspiring Track and Field athletes are the National senior championships. These were decided in excellent conditions in Santry over the weekend. With some fine performances in the lead up to the event club members were in confident mood as things got under way.

It was great to see Cheryl Nolan home from the USA for the event and running 4-38.98 for 8th place in her heat of the 1500m. In the men's equivalent Cormac Kelly ran the race of his life taking over 3 seconds of his P.B. to run 3-55.61 finishing in 5th place and qualifying for the final. He was the first club man since the late Jim Downey to make the final of the premier distance on the track the 1500m and while slightly tailed off he finished 12th in 4-02.63. Barry Regan ran 11.26 in his heat to qualify for the 100m 'B' final where he ran 11.27 and finished in 7th place. Conor Daly registered 13.50m in the triple jump which was good enough for 6th place just 0.23m short of bronze. Eoin Kelly was in great form finishing 9th in the long jump with 6.57m and was back to his best when taking the silver in the triple jump breaking the sand at 14.70m.

It was 8th place for Shauna Daly in the shot with 10.44m and her sister Emma was also 8th in her event the hammer with a season's best of 41.83m. Eoghan Buggy ran 50.47 for 4th in his heat in the 400m where the winners only progressed. Saragh Buggy was in fine form registering a good series of jumps in the triple jump, the best of which was 11.99m and the silver medal to go with it. Brian Kelly controlled his heat in the 800m to qualify comfortably. Trying similar tactics in the final, proved far more difficult. Nevertheless he dug deep as usual and got back up as the line drew close to snatch the bronze in 1-50.69. Paul Byrne was disappointed not to have heats when conditions were best on Saturday. Nevertheless he was up for it in the final of the 400m hurdles and ran a brilliant race to take silver in 51.63, the only flaw being a slight clip on the 7th hurdle which upset his rhythm slightly. Buoyed up by these performances the men's 4 x 400m fielded a team for the 1st time at National senior level. It brought the championships to a very happy conclusion when Paul Byrne ran the opening leg for the lead in a sub 49 lap, Eoghan Buggy maintained the form and handed over the baton to a game Cormac Kelly (only finished the 1500m a few minutes) to keep in touch with North Down it was all left in Brian Kelly's hand for the last leg. He duly delivered for the silver medals in a new club record of 3-19.73 The Glo Health National senior championships were a resounding success for the club.

Ultra Distance Arrives

The club was represented at the Waterford Ultra marathon at Courtmacsherry on Sunday. Lynda Fay had a fine performance recording 2 hours 26 minutes and 26 seconds for the 18 mile trip finishing 24th across the line and 2nd lady home. She was joined on the trip by Carmel Ryan finishing 66th in 3-00.13

Aoife brings relay team home to silver

Aoife Champion was in new territory representing the Irish Schools team in the schools International in Wales over the weekend. Her highlight was the fine performance running the anchor leg for the 4 x 300m relay where they were pipped by 0.2 of a second for the gold. Ireland finished 2nd overall to a strong English team.

Thanks

Many thanks to everyone who supported out church gate collections recently. Your donations are much appreciated. Thanks to all the club members that looked after same.

National League Final

Best wishes are extended to both the men's and women's teams that will contest the National league final in Tullamore on Sunday next the 3rd August. The ladies are competing in division 1 and hopefully will gain promotion to the premier. The men are in the premier and are looking for a place on the rostrum. Your support is welcome. The evening will conclude back at headquarters in Monavea for the club BBQ.

Club Activity Camp

Names for the club's activity camp should be handed in immediately. Application forms available in the clubhouse or on the St Abban's AC website.

Training

All under 12 athletes will take a well earned break from now until Tuesday 26th August, when training resumes.

JFSportsFit4Life League another success

Glorious weather conditions prevailed when round 6 of the JFSports Fit4Life league was decided in Ballylinan on Wednesday evening. Over 122 finishers crossed the line to record some fast times and to replenish with some ice cool water. Thanks to all that turned out and looking forward to the next round in Graiguecullen in a couple of weeks.