

St Abban's AC

24th Aug.'16

Masters Turn it on The GLOHEALTH National masters brought the curtain down on a very full Track & Field programme for 2016. The club was well represented and brought home 10 All-Ireland medals. Colin Coyne was 7th in the O.35 5K in 16-48.61 Colette Brennan R/M was our sole female representative and took gold in the O.55 800 and silver in the walk. Francis Fleming took the bronze in the O.60 5K in 19-13.47, while Dick Mullins won the O.70 5K crown in 22-34.83. Colm Burke was a clear winner of the 5K O.50 in 16-41.39. John Fenlon moved to the 1500 and came home with the gold in a fine performance clocking 4-12.57. John Territt as usual had himself in good shape in the O.55 section taking gold in the javelin with 33.05, silver in the shot with 10.95 and hammer with 32.86 and bronze in the discus with 30.20 A nice way to finish the season, perhaps we might have a few more for 2017?

Curtain falls on League also The JFSports Fit4Life league concluded on the Turra triangle last Friday evening with Mary Clare Byrne and Tom Dunne taking round 8 victory in impressive style. Jason Farrell was present on the evening to present the prizes to the overall winners with the top 5 in the ladies being:- 1st Mary Claire Byrne, 2nd Rebecca Fenlon, 3rd Caitriona McDonald, 4th Seoighe English and 5th Margo Dowling, while the men were 1st Stephen Hunter, 2nd Tom Dunne, 3rd Mick Kelly, 4th Colin Coyne and 5th Francis Gahan. So another successful league was over and it is only right to thank everyone that helped in any way. The various venues were excellent the ladies (with the odd man) that looked after the refreshments, the Garda, Road officials, and Breda and her team for the administration.

Frank Duffy 10 mile This event was held in the Phoenix Park and swathe club colours being carried by Carmel Hughes, Kate Bermingham, Linda Faye and Declan Byrne. This marked a return to competition for Declan and finishing in 66.45 showed he is well on his way in his preparation for his upcoming Rock & Roll Half marathon.

Training Club Training has resumed at the track for all club members aged 7 or over on Tuesday's and Friday's commencing @ 7.30 Please make the effort to be on time. And bring a change of clothing. We are sorry but we are unable to take U.7 due to shortage of coaches – perhaps some parents might wish to help out? If so let Ciaran know immediately. Dates for the county cross country championships will be finalised shortly and the local primary schools cross country for 4th, 5th and 6th class will take place @ 11.00 on Wednesday 14th September. It would be nice to see ALL schools turning out.