

St Abban's Athletic Club News

25th February 2015

Barry Scales New Height

An excellent high jump competition saw a large crowd remain after the track events had concluded to witness a titanic battle between Karoush Foruigi and Barry Pender in the GLO Health National senior championships in Athlone on Sunday. Spurred on from the fantastic clearance by our friend from Qatar of 2.41 meters the previous Wednesday night at the International meet, the two boys moved the bar steadily towards the roof. With both having perfect score cards up to and including 2.14m Karoush went clear first time at 2.17m with Barry failing what was new territory for him. Never the less he had the belief and opted to pass with the bar going to 2.20m. Not a murmur in the stadium as he attacked the bar and sailed over for a magnificent clearance and the crowd erupted to the man from Springhill. Foruigi passed and the bar went to 2.22m which was the qualifying standard for the European indoor's. Both had good efforts at this height with Barry going very close on his 3rd attempt. No doubt it will come. The National senior indoor high jump champion for 2015 is Barry Pender with a club and county record of 2.20m which is a shade over 7 feet 2.5 inches in old money.

Barry's brother Jamie had new P.B.'s in the 60m (7.43) and the 200m (23.61) while Barry Regan rose to the occasion qualifying for the final of the 60m where he finished 8th clocking a time of 7.10 in the semi-final. Craig Coffey had a fine performance to finish 4th in the high jump clearing 1.85m. Paul Byrne won his heat of the 400m in a P.B. of 49.50 which was just outside the top 6 that made the final. Eoghan Buggy was delighted with a big P.B. of 50.88 seconds for his 400m. Conor Daly was 8th in the triple jump with 13.29 meters.

Our other medalists were Eoin Kelly taking silver in the triple jump with 14.27 meters and fouling narrowly on a massive jump on his last attempt. It was 5th for Eoin in the long jump with a leap of 6.79 meters (22 feet 3.5 inches). Our sole female competitor Siobhan Nash put in a sterling performance registering a big new P.B. of 14-47.25 in the 3K walk and the silver medal.

Sportshall in Progress

Laois sports partnership are currently providing the sports hall athletic program for all local school's in the clubhouse at Monavea. With good participation it is an ideal way of introducing a fun based activity to all school children. Thanks to all concerned for encouraging and promoting the sport.

Leinster's

The 2nd weekend of the Leinster juveniles takes place in Athlone this coming weekend. Best wishes to all our participants.

Membership

Membership fees are now overdue and it would be much appreciated that any outstanding fees are paid up immediately. New members are welcome to join up.