

St Abban's Athletic Club News

26th March 2014

'Feast of Athletics in Athlone

An incredible weekend of athletics was witnessed at the 'Woodies DIY' National finals in Athlone's IT International Arena where several new championship best performances were achieved. With one event better than the previous one it was good to see St Abban's club members competing with the best. Ruby Millet was disappointed with her performance of 3.92m which gave her 10th in the U.14 long jump. Having difficulty with her mark she no doubt will benefit from the experience and has far better days ahead of her. Tom Buggy was 6th in his heat in the 60 mts in 8.63 seconds and finished 7th in the shot with a putt of 10.22 mts.

Cara Maher had a fine run to qualify for the final of the 800m when she finished 3rd in her heat, running a P.B. of 2-32.37 in the final gave her 7th place. It was 7th also for Anna Daly in the triple jump where she improved once again setting a new P.B. of 8.16 mts. Kevin Wilson cleared 1.70m in the H.J. for 6^h place and went out to 11.22m in the triple jump for 9th place. Nicole Kehoe/Dowling had an off day and was disappointed when finishing a close 4th in the shot with a distance of 10.99 mts. - no doubt she will benefit from this experience and will deliver on other days.

Aran Murphy was a very happy man in his 1st All-Irelands taking more than 4 seconds off his P.B. when finishing 5th in the 800m in 2-06.19. Daena Kealy ran 9.92 seconds in the heats of the 60m hurdles to qualify for the final where she clocked 10.00 dead for 7th place. Daena had a fine performance in the high jump equalling her P.B. of 1.61m and taking the bronze medal for good measure.

Dick Vice President

At the recent A.G.M. of Laois athletics long time St. Abban's athlete, Dick Mullins was elected to the position of Vice President. Having served for a good many years as P.R.O. Dick no doubt will still be heard from in his new role.

19th Annual Open Sports

The club was delighted to accept sponsorship from local Councillor Ben Brennan and from business man Eddie Brennan from Scats for all your bouncy castle requirements, when the details of our 19th Annual Sports were announced recently. Both Ben and Eddie are long standing members of the club with Eddie taking a Leinster star award

almost 20 years ago and Ben very involved with the Fit4life promotion in recent years. The sports will be held in the club grounds on Mon the 5th May commencing with the hammer at 12.30 and featuring sprints, throws, jumps, walks, middle distance and relays in a jam packed programme. Anyone interested in helping out on the day please let any committee member know or call over to training at the club any Tuesday or Friday. All support greatly appreciated.

Sportshall Programme

The club wish to thank Laois Sports Partnership for promoting sports hall athletics among the local schools over the past 5 or 6 weeks. Looking forward to welcoming those who took part and enjoyed the sport to come along and get involved in the sport of athletics. With the evenings gradually lengthening now is the ideal time to join up all those over the age of 7 are welcome