

St Abban's Athletic Club News

26th August '15

Irish TV cover Final Stage

The curtain came down on the 2015 JFSportsFit4Life league when the final stage was run over the Turra triangle on Friday evening last. A fine turnout with 139 finishers several recording P.B.'s for the trip, saw Stephen Lawlor register a sub 12 minutes performance for the 4K run when clocking 11.57 and winning the overall title with Tommy Payne 2nd, Cian Kelly 3rd, Lyndon Barcoe 4th and Michael Kelly 5th. Colette English was the first lady home on Friday in a time of 15.33 and she was also the winner overall in the ladies with Caitriona McDonald 2nd, Linda Faye 3rd, Mairead Moore 4th and Seoghe English 5th.

Thanks very much to everyone who helped out and ensured things went off without any problems. Thanks to Jason Ferrell for his continued sponsorship. Thanks to Irish TV for covering the final stage and looking forward to seeing the finished product on the 4th September. Any suggestions for the 2016 welcome.

Double Silver

The track and field season concluded for two of our promising juveniles when the National Community Games were decided in Athlone last weekend. It was silver for both Daena Kealy and Cian Kelly, for Daena in the high jump and for Cian in the 1500. Well done to both on a great season.

Antwerp Gold for Paul

Paul Byrne has had a fantastic track season with Belgium one of his favourite competition countries. He therefore decided to finish of his 2015 racing with a visit to Antwerp for a final 400 hurdles. He duly delivered and ran out a convincing winner with over 2 seconds to spare. Having moved to being the 4th fastest 400 hurdler ever in Ireland, who knows if he winter's well Rio could be his favourite spot in 2016 – No pressure.

Eagle Run

A fine turnout from the club supported the Eagle run over 4K and/or 8K promoted by Castlecomer Golf club on Wednesday evening last. James Nolan celebrated in style on winning his first race, with victory over the 8K on a tough course. It was victory for Cian Kelly over the 4K. Other members of the club taking part included:- Matthew Rossiter and his dad Ron, Martin Buggy, Georgie Brophy, Dinny Whelan, Ned Buggy, Adrienne Kelly, Jimmy and Claire Walsh, Francis and Maura Fleming, Sarah Jane Carr, Margaret Murphy, Patricia Delaney, Teresa Joyce, Dick Mullins and Eileen Kelly.

Well done to Caitriona McDonald and Carmel Hughes who put in fine performances in the Frank Duffy 10 miler in the Phoenix Park.

Fit4Life

Sessions will continue on Monday evenings commencing @ 7.30 while the usual Wednesday session is CHANGING to Thursday evenings from this week. All are welcome to come along and partake in whatever suits you- let it be walking, crawling, jogging, running or anything else.