

## St Abban's Athletic Club News

27<sup>th</sup> May 2015

### **Cormac Moves up another gear.**

The Irish Milers promotion last week in Belfast saw Cormac Kelly move into unknown territory running a fantastic race to cross the line in 3rd place and a fantastic time of 3-49.45. Having a good pace maker and a closely packed field Cormac came strongly over the final 200 meters coming from 9th to 3rd just missing 2nd by the narrowest of margins. From records it looks like it's the first time to go sub 3-50 in the club, Excellent performance Cormac!

### **Men off to a good start**

The National League commenced very early this year and gave those preparing for exams a difficult decision. Our men's team succeeded in getting near a full squad out and scored well to put them into a good position for round 2. The men's 4 x 100m (Barry Regan, Eoin Kelly, Eoghan Buggy and Jamie Pender) got us off to a good start coming home first. Other wins were recorded by Barry Pender 2.15m in the high jump, Eoin Kelly in the 110m hurdles and the triple jump and by Brian Kelly in the 800m. With support from Conor Daly, Danny Lawler, Stephen Lawler, Barry Regan and James Nolan, were in there challenging for a final spot. Our ladies were very much caught up with exams and have it all to do in round 2.

### **Leinster Junior**

Our bodies were scarce in Greystones with Jamie Pender finishing 4th in both the 100m and the 200m in new P.B's of 11.48 and 23.04. Cian Burke was 7th in the 100m in 11.93 while David Baldwin secured the bronze medal in the triple jump with a distance of 11.25 meters.

### **Four County match a success**

This event between Longford, Offaly, Westmeath and Laois U.14 athletes had a nice turnout and some fine performances in Tullamore last Friday evening. Thanks to the parents for supporting the event. Club members to perform included:- Danielle O'Driscoll and her brother Sean. The English duo of Evan and Seoighe with Seoighe going out to 3.60m when winning the long jump. Eabha Kehoe securing her 1st medal at this level with victory in the turbo javelin, while Adam Jones featured in the shot.

### **Stephen sets Rossmore on fire**

Round 2 of the JFSports Fit4Life League saw the two Stephens go right from the start. Over this out and back course it was Stephen Lawlor in fantastic form recording a brilliant time of 12 minutes and 1 second for a new course record, with Stephen Hunter 2nd and David Lawler running very well for 3rd. Paula Grant led the ladies from Colette English. With just over 130 completing the course, round 3 will be in Newtown on the 10th June.

### **Belguim Performances**

Our two 400m hurdle athletes Nessa Millet and Paul Byrne went to Belguim for the IFAM International games. Nessa ran 60.65 seconds for 4th in her race while Paul was 3rd in his clocking 51.52.

### **Best wishes**

The club would like to wish all those commencing the junior and leaving certificates the very best and hope all will reap their rewards. An easy walk jog should be included in your daily preparation.