

## St Abban's Athletic Club News

27<sup>th</sup> November 2013

### Intermediate Double

Club members came out fighting and gave it everything when the county intermediate cross country championships were decided last Sunday in Ballyroan. In the ladies Colette English regraded for this event displayed the current great shape she is in with a gun to tape effort to take a long awaited county championship. Having a strong belief in herself she set about her task from the off and with good support all around the course came home to victory with more in the tank. Ladies captain Mairead Moore put everything she had into the race and was just piped for bronze after a mighty run. With the team scoring very close the next scorer was vital and showing she has recovered from her fine run in the Dublin marathon Caitriona McDonald delivered an outstanding finish over the final 200 meters to nail down 6th spot passing two opponents just 15 meters from the finish for precious points. This proved to be the decisive performance as when Margo Dowling came home in 11th place we had taken the title by a mere 3 points. Well done ladies on a fantastic performance. Our second string finished in 4th place with Linda Faye, Ann Nicholl/Waugh, Sarajane Carr and Carmel Hughes playing a vital supporting role.

The men's squad had a score to settle after the way they were treated in the previous years competition, between the course and the counting of laps. From the word go we had three tucked into the leading group of seven. Then it became six and around the half way mark it was down to five. Another lap gone it was four at the front with three of them wearing the green white and gold singlets. Meanwhile the Portlaoise packing further back was being tackled with Liam Byrne making great strides to get in among them. At this stage Conor Barry was dropped from the group and settled for 4th place. Riobard Miller (Ballyfin) got the better of Dermot Ayres over the last lap to take the title with Dermot taking silver ahead of his club mate Colm McEvoy having another outstanding run for the club. With three in the top four and Liam Byrne finishing brilliantly to take 9th it was left to Bernard Graham to hold off Niall English to secure the 5th scoring position on the winning team. After having 19 finishers in the recent novice it was disappointing to see only 6 field out on Sunday. Having said that the six that toed the line certainly gave it everything and it was sweet satisfaction all round to have everything in order at the finish this year.

In the development events for the juveniles held in conjunction we were small in numbers but managed to hold our own with medals being awarded to the top six. Among those to score were:- Shane Buggy, Evan Dowling, Evan English, Sean O'Driscoll, Niamh Graham, Audrey Byrne, Danielle O'Driscoll, Adam Nicholl/Waugh, Sarah Graham, Niall Egan and Eanna Ryan.

### University relays

Held in Maynooth as usual we had three athletes togged out in the Dublin City University colours. Cormac Kelly marked his return from injury to record 4.26 for his 1 mile leg on the 'D' team that finished 9th, Stephen Lawlor had a much improved performance from the previous Sunday when recording 14.41 for the 3 mile lap and bringing the DCU 'C' team into 8th place, while the DCU captain Brian Kelly ran 4.24 for his 1 mile leg on the 'B' team that finished 4th while the 'A' team were the overall winners.

**Thanks for YOUR Support**

Many thanks to everyone that supported the 2013 members draw, that saw the final draw for this year take place in Behan's, Tolerton on Sunday night last. The winners included:- €1,200 – Willie Farrell, Bilboa. €600 – Phil Murphy C/O Joe Brennan, Ballyragget, €100 – Elizabeth Burke, Barrowhouse, – Mary Dwyer, Stradbally, - Pascal Brennan, Coolnariska, - Lucy O'Neill, Tourtane, - Marie Brennan Tinnalinton, - Anne Tunstead, Cruttencloagh, and Fred Graham, Bilboa, with Jimmy Whelan and Sharon Buggy sharing the promoters prize. Special thanks to Breda for looking after the draw and for all those that supported same.