

St Abban's AC

28th September 2016

Fine performances in Kilcavan

The Laois even age groups and Novice cross country championships were held in Kilcavan again this year, with many club athletes featuring well. St. Abban's had a 1, 2, 3 in the Girls U.8 with Cara English leading the way home followed by Ciara Milton and Fragha Jones respectively. In the Boys U.8 Callum Buggy was first across the line with James McGrath in support. The Girls U.10 were out in force with seven club members taking part coming away with the team gold; Rachael Ayres 1st, Jessica Murray 2nd, Katie McGrath 4th, Caoimhe Brennan 7th, Aoibheann Brennan 10th, Abbie Brennan 20th and Caoimhe Brennan 23rd.

We had 6 boys in the U.10 race, again coming away with the team gold, Timmy Byrne lead them home in 2nd place, with Fionn O'Sullivan 4th, Niall Kealy 5th, Cameron Delaney 7th, Scott Delaney 16th and Jack Doyle 17th. The G.U.12 team also took the team gold. Led home by Audrey Byrne 4th, Aoibheann McDonald 9th, Holly Brennan 9th, Katie Baldwin 10th, Lauren Rowan 17th and Holly Byrne 23rd. The Boys U.12 saw a fine turnout from the club and some excellent performances from established athletes. With 8 from the club taking part, it was great to see all getting a team medal coming away with the gold and bronze. The winning team had the first four across the line with Jack Fenlon 1st, Eoin Cawley 2nd, Adam Buggy 3rd and Lee Murray 4th. The bronze medal winning team consisted of Evan English 8th, Jack Milton 13th, Sean O'Sullivan 16th and Ryan Harrington 17th.

We had four in the girls U.14 with Seoige English coming away with the silver medal and leading the team to the bronze medal; Eadaoin Cawley 14th, Eadaoin Coady 17th and Emma Dermody 21st. Shane Buggy was our sole competitor in the Boys U.14 finishing in 10th place. The Girls U.16 had a strong turn out with Becky Fenlon taking the individual honours, and leading the team to victory. Other placings were Caragh Maher 3rd, Aoife Gallagher 8th, Ciara Harrington 9th, Sarah Graham 10th and Julia Deegan 11th. Unfortunately we were unable to field a team in the Boys U.16 with 3 club athletes taking part, with TJ Burke finishing 2nd, Tom Buggy 3rd and John Farrell 8th. Cian Kelly took victory in the Boys U.18, and led the team to gold, aided by Declan Roberts 5th, Cillian Mulhall 6th and Liam Stock 10th.

The Novice ladies put on a fine show to collect gold and bronze team medals. With 9 club athletes taking part, Sinead Kelly 2nd, Mary Ellen Doyle 3rd, Margo Dowling 4th and Caitriona McDonald 4th. Other placings included Josceline Ayres 6th, Marie Murray 8th, Sharon Buggy 9th, Deirdre Brennan 11th and Colette Brennan 15th. The novice men's team took the honours with Colin Coyne 2nd, Proctor Geoghan 3rd, James Nolan 6th and Liam Byrne 9th. Other placings included Niall English 11th, Francis Fleming 14th and Aran Murphy 15th. All in all, some excellent performances by all.

Day 2 of the County Championships, uneven ages and Intermediate, takes place in Abbeyleix, Sunday 9th October. Please report to your team manager and bring a change of clothing along with your club singlet.

SSE Airtricity Half Marathon

Caitriona McDonald had another fine run finishing 26th in her age category at the SSE Airtricity Half Marathon in a time of 1:39:36, while Noeleen Condron and Pauline Doyle took part in the Naas 10km, and club representation in the 4km in aid of the Carlow Pipe Band.

Rathfarnham Road Race

Some of the distance runners made a return to competition after their end of summer break at the prestigious Rathfarnham 5km. Stephen Lawlor was first club man home finishing in an excellent 10th place position in a time of 15:13, Cormac Kelly 15th (15:26), and Stephen Hunter 23rd (15:42), resulting in the men taking bronze in the team. Congrats to all involved.

Members Draw

Tickets are in circulation for our members draw and can be purchased from any club member. Anyone interested in being a promoter and helping out are welcome to call to the track any evening. Your support welcome.

Coaches Required

With the influx of new members it is important that we engage some new coaches to cater for the needs of these young people. If anyone is interested in getting involved in coaching, you're more than welcome. Please give your name to either James or Patrick a.s.a.p.