

St Abban's AC

28th Oct'15

Moy Valley New Course

The Moy Valley hotel and sports complex, Enfield, Co. Meath was a new venue for the staging of the Athletics Leinster cross country championships. Over 20 club members took part with a number of them experiencing this level of competition for the first time. The fine course along with a beautiful day made for some excellent competition with record numbers. Our girls U.12 performed admirably with Seoighe English 21st, Maebh Gallagher 45th and Hollie Brennan 89th. The boys followed with Darragh Kealy 22nd and Adam Buggy 43rd. In the girls U.14 Rebecca Fenlon was involved in an almighty scrap to make the top 12 (which would have qualified for the All-Irelands) had to settle for 14th which was a vital score for the Laois county team that took bronze. Aoife Gallagher came through the 130 strong field to finish 61st. It was 22nd also for T.J. Burke who never put a foot wrong moving steadily throughout. Cian Kelly was involved from the gun and despite getting stomach problems finished an excellent 5th in the boys U.16. Maeve Maher had a fine run although running out of gas on the last lap was 31st in the junior ladies and a scoring member on the silver medal Laois team.

Our novice men finished 5th club team being led home by Garry Cantwell 17th with James Tyrrell 30th, James Nolan 43rd and Aran Murphy 51st. The master's ladies finished 16th club led home by Margo Dowling 39th, Kate Bermingham 60th, Mairead Moore 61st and Ann Nicholl/Waugh 84th. The masters men saw John Fenlon back in the club colours after a long time finish 28th supported by Niall English. Thanks to all the parents for making the trip and hopefully enjoying the cross country atmosphere. The next Leinster's are scheduled for JFK Park, New Ross on Sunday the 8th November commencing with U.11 at 12.00

Dublin Marathon brings out the crowds

Record numbers of over 15,000 took to the streets of the capitol on the bank holiday Monday in rather difficult conditions with persistent rain and a biting cold wind. Club members having prepared diligently were going to give it their best regardless of the conditions. Carmel Hughes was content in setting herself the task of getting round and completed in 5-12.44, Michelle Harrington broke the 5 hour mark getting home in 4-56.33, Carol Brennan registered 4-14.35 for her trip and Marc Wogan ran 4-07.01, Orla Jones stopped her watch @ 4-06.23 Michael O'Connor was happy going under 4 hours with 3-59.24 followed by Nigel Brennan in 3-39.41. Caitriona McDonald had a fantastic experience was 41st in her section and came home full of running in 3 hours 32 minutes and 14 seconds. Well done one and all and make the recovery easy running. Meanwhile Linda Fay clocked 3-34.57 running in Frankfurt, Germany.

Fit4Life

Mondays and Wednesdays are going very well for those interested in exercising either inside or outside with Jimmy, Bernard and Mark. Why not give it a go and pass away those Winter evenings. Arrive to the track toggled out and a change of gear.