

St Abban's Athletic Club News

29th January 2014

Barry Goes Sub 7

The 'Woodies' DIY National Junior, U.23 and Masters indoor championships were decided in the excellent Athlone International Arena last weekend. The club was well represented with 11 athletes competing. As usual John Territt came good in the masters taking silver in the M4 category in both the shot (10.10m) and the high jump (1.40m). Denis Brophy was 5th and 6th in his 60m and 200m heats, while Katie Brennan had a P.B. of 8.17 in the 60m and qualified for the final of the 200m taking 6th place in 27.24 seconds. Lauryn Kealy made her debut at this level and ran 63.22 in her 400m heat. National Star Award recipient Siobhan Nash had an off day in the walk in 8th place. Eoghan Buggy was 4th in his 400m heat in 52.58 seconds, while Emma Daly was 4th in the shot with a putt of 9.68 mts.

Conor Daly went out to jump 13.47m to claim bronze in the triple jump. It was silver for James Delaney with a 3.40m clearance in the pole vault, while Saragh Buggy also claimed silver with 12.19 in the triple jump. The outstanding performance of the weekend was the undoubted top class sprinting from Barry Regan. Starting brilliantly in lane 1 in the 2nd of 3 heats in the 60m he clocked a new P.B. of 7.08 seconds and was the leading qualifier for the final. This gave him the favourable middle lane for the final, where despite a number of false starts he left the blocks like a rocket getting that vital few centimeters which he maintained to the finish to win in the fantastic time of 6.97 seconds. This I understand, is a leading time for a Laois athlete and sets a new club and county record. Barry and his coach John Maye were delighted with the performance and securing his first national title in record style - a nice weekend with a bronze, 4 silver and a gold along with a new Laois record!

Colm Claims County Title at Last

The Laois Novice road championships, sponsored by Ben Brennan, were hosted by the club on the Turra circuit. A decent turnout saw 26 finishers in the ladies event run over 3K and 42 in the men's event ran over 6K. Mairead Moore led the ladies team to silver when finishing 6th with Margo Dowling, having one of her better runs 9th, Caitriona McDonald 10th and Mary Boylan securing the vital 4th member of the team in 12th. Ann Nicholl 14th, Patricia Nuzum 15th, Carmel Ryan 16th and Carol Brennan 17th put the 'B' team in 4th place, while Jocelyn Ayres 18th, Deirdre Brennan 19th, Carmel Hughes 20th, Sarajane Carr 21st and Natalie Hutton 22nd had the 'C' squad in 5th place.

The men's race saw a trio of club members to the fore from the off with Colm McEvoy and Conor Barry forcing the pace. Dermot Ayres, with a slight injury, was dropped by Colm and Conor and had to give way to Trevor McCormack (Portlaoise) over the closing stages. Colm got the better of Conor on the last lap and had 7 seconds to spare at the finish. It was a county title for Colm McEvoy and a happy 'buachaill' at long last. With Colm, Conor and Dermot 4th and a rejuvenated Liam Byrne 6th the team title was

secured to join with the cross country win. The 'B' team were unlucky not to claim the bronze medals and finished 4th with James Nolan 14th, Peter Baldwin 15th, Jamie Malone 16th and Niall English 18th. Dorel Picovici 19th led home the 'C' team with Bernard Graham 21st, Michael Kelly 26th, Francis Fleming 27th and Anthony McDonald 35th. Well done to all those that turned out and special thanks for everyone for looking after the course, refreshments etc.

Daly Gang Rule

The 6th Annual Table quiz had a fine turnout in Behan's courtesy of John and Maria. A close contest throughout saw the 'MABS' team of Anita Brennan, Shauna, Breda and Michael Daly emerge victorious on 86 points, 2 ahead of the 'KILLYGANARDS' comprising of Padraig Ashe, Dermot Breen, Brendan Dunne and Liam Byrne. The '2 PENSIONERS + 2' won the tie break for 3rd team after 3 teams were on 83 points, Dick Farrell, Eugene Kernan, Eamonn Cass and Dave Philips making up the team. Thanks to all those who supported the event and to Tom Farrell, Pat Whelan and everyone that helped out.