

St Abban's Athletic Club News

26th February 2014

Men & Women qualify for Final

Round 2 of the AAI Indoor Track & Field competition was held in the AIT arena on Saturday last. With some fine performances recorded on the first day it was an opportunity to give some young blood an opportunity at this level. The ladies saw Maire Griffith perform in the 1500m, Nessa Millet in the 400m, Katie Brennan continued her improvement with another P.B. in the 200m, Nessa Millet in the high jump and Anna Daly also with a new P.B. in the triple jump. Lauryn Kealy had a smooth run in the guests 400m.

The mens events saw James Moore in P.B. form over 1500m as was Eoghan Buggy in the 400m, Paul Byrne showed continued improvement with good performances over 200m and the high jump while Conor Daly scored the points in the triple jump. At the end of the day both the men and women had qualified for the final, which will take place on the 16th March in Athlone.

Mullins turns back the years

The All-Ireland intermediate and masters cross country championships were decided over some rough and heavy countryside in Dunboyne, Co. Meath last Sunday. With a few athletes down with the flu we were short to make teams. Never the less those that turned out gave some outstanding performances. Brian Kelly was 19th in the intermediate with James Nolan 36th. In the masters O.35 to O.60 we had Dermot Ayres, Liam Byrne, Colm McEvoy, Francis Fleming and Dinny Whelan putting on a fine show. However it was left to the O.65 to climb the podium and no better than Dick Mullins who has competed since the early 60's was pipped by a mere 1 second for the O.65 title. Coming right through the 4K race which was held in conjunction with the masters ladies he passed a couple up the finishing straight and just failed to catch Pat Collins, Liffey Valley. In all his years running this was his best individual performance and a silver individual medal for his efforts. Paddy Harding was 13th in the same race.

Last of Leinster Indoors

Next weekend (Saturday & Sunday 8th & 9th March) sees the last of the Leinster indoors being held in Athlone. It's a full juvenile programme for U.12 to U.19 including sprints, hurdles, shot, jumps and middle distance. The programme gets under way at 10.00am both days. Club athletes please report to club coaches for checking in purposes and warm up. Best wishes to all concerned.

Membership

With the evenings getting brighter and hopefully the weather improving anyone interested in getting involved in any athletic discipline from javelin to relays, from race walking to jumps, is more than welcome to join us any Tuesday or Friday evening from 7.30pm in the clubhouse for training. Membership forms are available and can be filled in and returned to Breda at your earliest convenience. Club singlets are also available now, contact either Breda or Liam.