

St Abban's Athletic Club News

29th October 2014

Danny Changes the Gears

Avondale house in Rathdrum was the beautiful setting for the Leinster cross country championships. In the Girls.U.12 our two stalwarts Amy Brennan and Seoighe English started slowly enjoying the experience and coming right through the field to finish 34th and 60th respectively from a massive field of well over 100 athletes. Cara Maher in the Girls U.14 finished 66th while T. J. Burke had a nice run and showed good form when finishing 39th. Laura Graham appears to be enjoying the long distance at the moment and herself and Maeve Maher came home full of running in the Girls U.16 in 36th and 57th places. In the boys equivalent Cian Kelly had a brilliant run finishing 8th with Adam Nicholl 66th. The boys U.18 saw David Lawler in top class form to finish a fine 7th.

The novice men had us on our toes as Danny Lawler, the current novice county champion, went with the leaders from the gun. Settling well the field broke up early on and he was always in the leading group. Around the half way mark Moran from Meath made the break and the chasers were well spread. Danny battling bravely was in 3rd place and looked assured of a top 3 finish. Finding new reserves over the last 600 meters he moved into the silver medal position and was closing down rapidly on the winner as they sprinted to the finish. It was 6th club team with Kevin Brennan having a fine last lap for 29th and with Conor Barry 39th and James Nolan 41st Laois were the silver medalists. It was silver also in the masters men for Laois with Colm Burke 4th, Dermot Ayres 29th, Niall English 48th and Bernard Graham 73rd seeing St. Abbans finish 4th club.

Ruby in top Form

The Leinster schools indoor combined events were held in Athlone last week where record numbers turned out. Representing Castlecomer community school Niall Egan was 37th and Tom Buggy 6th in the minor boys. Representing Kilkenny college Ruby Millet demonstrated her fine form currently winning the minor girls title convincingly. Her performances included 9.29 seconds for the 60m hurdles, 8.32m for shot, 4.77m for the long jump, 1.46m for the high jump and to complete a great day 2-35.08 for the 800 meters.

Teresa delivers again

The Dublin marathon saw 15,000 take to the streets on the bank holiday Monday. We had 8 representatives with the ladies well in the majority. Carmel Hughes clocked 5-50.48 for her troubles, with Carol Brennan happy with her 4-39.48 as was Carmel Ryan in 4-21.26, Eamon Baldwin ran 4-02.19 with Mark Wogan a little in front of him registering 4-01.58. Caitriona McDonald clocked 3-49.31 with Lynda Fay just 14 seconds in front of her in 3-49.17 while Teresa Agar turned in another exceptional performance running negative splits to clock 3-03.40 for 379th place overall and 6th senior lady. When Caitriona's, Lynda and Teresa times were added together for a total of 10 hours 42 minutes and 28 seconds we were 4th club (just like the National half marathon) less than 2 minutes behind the bronze. Great stuff ladies.

Ann to Wear Green

It is every athlete's wish to one day wear the green singlet of Ireland and the latest club athlete to be honored in this way is Ann Nicholl/Waugh. In the recent Autumn cross country race in the Phoenix Park Ann had an excellent run to finish 4th in her category and gain selection for her trip to Nottingham later in November. Congratulations Ann and best wishes.

Adamstown the next stop

Best wishes to all those making the trip to Adamstown, Wexford, on Sunday next for the Leinster uneven ages and intermediate championships. Programme gets under way at 12.00 with the U.11 girls.