

St Abban's AC

30th March 2016

Great Start Cheryl Nolan & Paul Byrne got their outdoor season off to a great start Last weekend. Cheryl competing in the Vanderbilt University Black & Gold Invitational meet in Nashville improved on her previous best by over 3 seconds when finishing 2nd in the 1500 in an excellent time of 4-29.39. Meanwhile in Spain Paul fresh after his latest warm weather stint opened his campaign with 51.70 for the 400 hurdles and appeared to have got on well with the Spaniards. Both are looking forward to the next outing.

Kilmacow Opener Our annual outdoor opener is generally the St. Senans open sports in Kilmacow. The following travelled and competed with the best. Judy McGrath, Fionn, Maebh and Aoife Gallagher, Ryan and Ciara Harrington, Laura and Sarah Graham and Maebh and Caragh Maher. Sarah and Caragh reached the top of the podium with Sarah having a P.B. of 1.40 in the high jump and Caragh leading from the gun for a convincing win in the 700.

Caitriona Leinster medallist The Leinster 10 mile road championship's were decided in Clontarf last weekend. Mark Wogan had a fine run finishing 78th in 70-34, Ann Nicholl/Waugh was 259th in 92-45, Carol Brennan 213th in 85-49, Sharon Buggy 201st in 83-54, Mairead Moore 169th in 80-06 and Caitriona McDonald 93rd and 2nd lady O.35 in 72-34 Congrats to all and especially to Caitriona on her first Leinster individual medal. In the Fenagh GAA 5K and 10K road race Anthony Brennan was 24th in the 10 K in 51-00. Maura Fleming was 41st in 27-35 for 5k with Colette English 15th (2nd Lady) in 19-53 and Niall English 7th in 19-09.

Return to Nenagh Laois athletics are putting on the indoor championships on Saturday next 9th April in Nenagh Olympic indoor stadium commencing at 1.30 Events for U.10 to senior.

Bank Holiday The 2nd May is the date for the clubs 21st annual sports. Please put this date in your diary and if possible make yourself available to come along and give a hand. The student games are scheduled for the 17th April and it would be nice to see all the local schools involved. The support of parents and teachers much appreciated