

St Abban's Athletic Club News

30th July 2015

Morton Games

Great to see the club well represented at the Morton Games, along with so many club members up supporting those competing. The highlight of the night was the Jamaican sprinter, and second fastest man ever over 100m, Yohan Blake, and the big man did not disappoint, running 10.12s the fastest time ever ran on Irish soil. The outstanding club performance on the night was Barry Pender's 2nd place finish in the High Jump with a height of 2.18m. Other club results are as follows: Men's 400mH Paul Byrne 5th 51.85s, Men's 800m A Race Cormac Kelly 6th 1.53.08s, Brian Kelly 11th 1.57.74s, Eoghan Buggy Men's B 400m 7th 51.49s, and Barry Pender 2nd Men's High Jump 2.18m.

Stephen leads the way yet again

Well done to all 141 who took part in Round 6 of the JF Sports Fit4Life League last Wednesday in Ballylinan, which saw Stephen Lawlor take victory again in a fantastic time of 11.51s, with Colette English first lady across the line in 14.56s. Thanks to the runners and walkers, the stewarts, the ladies who looked after the refreshments afterwards and to Flemings pub for the use of their premises. Round 7 takes place in Graiguecullen on Wednesday 22nd July.

National Masters, Tullamore

It was the turn of the Masters to visit Tullamore Harriers last weekend for the National Master Track and Field Championships, with a number of club athlete's coming away with medals. John Territt was our only gold medal on the day when winning the hammer with a throw of 33.83m. John also collected 3 silvers in the javelin, shot and discus with throws of 32.20m, 10.44m and 31.23m respectively. Other medal winners were Ann Nicholl 2nd O.50 400m 77.83s, (4th 800m 2.55.75s), and Colette Brennan 3rd O.50 Walk 24.23.02s. While the evergreen Dinny Whelan and Dick Mullins represented the club in the O.65 5k, with Dinny finishing 5th in a time of 24.36.35s, while Dick unfortunately DNF due to injury. Well done to all!

Night of Sprints. Waterford...

The club were represented by a few athletes at the Night of Sprints meet down in Waterford. Results were as follows: Eoghan Buggy 1st 'C' 100m 11.35s (PB), Saragh Buggy 7th 'A' 100m 13.01s, and Barry Pender 1st High Jump 2.13m. Well done to all!

3 County T&F Competition, Leixlip

35 Laois athletes (from U-14 to U-17) had a very successful and enjoyable competition in Leixlip, at the Kildare Athletics Inaugural 3-County T&F event. The event included hurdles, sprints, middle distance, walks, shot putt, high jump, long jump and relays. Club athletes Cian Kelly, Caragh Maher, and Tom Buggy helped County Laois to a 2nd place finish on 307 points, behind the host county Kildare on 430 points, with Meath in 3rd place on 226 points. Well done and thanks to all athletes, coaches, parents and supporters who attended this event.

National League Final, Tullamore

Congratulations to our Men's team on qualifying for the National League Final which takes place in Tullamore on Sunday 2nd August. Hoping to see a big turnout of supporters in the Harriers to cheers on the lads!

Church Gate Collection

Many thanks to all those who supported our recent church gate collections. Your support is much appreciated and thanks to those that manned the posts.

St. Abban's A.C. Parish 10k

Great to see so many walkers returning to the track in preparation for the Parish 10k which will take place on the 30th August. For anyone else interested the club host meet and train nights on Mondays and Wednesdays at 7.30pm in our club grounds. All are welcome to come along and give it a go!

National Senior Championships

The GloHealth Senior Track and Field Championships is the pinnacle event in the Irish Athletics calendar with over 500 of Ireland's best athletes, competing in 20 disciplines to become a National Champion. There will be a number of club athletes competing in Santry on the 8th & 9th August, so why not get out and support them?? For anyone interested in tickets please contact any committee member.