

St Abban's Athletic Club News

30th Sept'15

Fine performances in Kilcavan

The Laois even age groups and Novice cross country championships were held for the first time in Kilcavan. Club athletes that turned out featured well (alas we were short several due to other commitments) which robbed us of team titles. Hopefully we will see a full turnout for the next day on the 11th October in Cullohill where the uneven ages and the intermediate will be decided. In the U.8 races promoted by the host club Cara English along with the Brennan sisters featured in the girls, Ben Reid and Cian O'Sullivan in the boys. The G.U.10 had three club members with Katie Brennan 3rd, Eabha Keogh 5th & Danielle O'Driscoll 10th. The B.U.10 picked up silver led home by Evan English 5th, Jack Milton 8th, Fionn O'Sullivan 12th & Sean O'Sullivan 18th. The G.U.12 saw a fine turnout from the club and some excellent performances from established athletes and those toying out for the first time. Amy Brennan led them home in style with Seoighe English taking silver. Katie Collins/Byrne was 4th and the fourth scoring member on the team was the Arles lady Maebh Gallagher in 8th. She was followed home by Aoibhin McDonald in 9th with Hollie Brennan 10th and Kerry Smith 18th completing our line up. In the B.U.12 it was the turn of Daragh Kealy to take gold from his club mate Adam Buggy who had his best run to date for silver. Shane Buggy was our third member but alas we were short a fourth member and so failed to register in the team. It was a similar story in the G.U.14 where we had 3 finishers, with Rebecca Fenlon having a fine run for silver. Aoife Gallagher 9th and Susan Oneyini 10th. T.J. Burke was in great form for a comprehensive victory in the B.U.14 with Sean O'Driscoll providing the support in 11th place. The G.U.16 saw Caragh Maher finish 3rd and Orla Kelly 5th. The B.U.16 saw an excellent race with Cian Kelly taking the title and leading his team to victory. Tom Buggy was 4th Gerard Kelly 13th and the ever present Niall Egan 14th being that all important fourth scorer. The G.U.18 saw a much improved performance from Maebh Maher taking silver with Laura Graham collecting bronze and Niamh Moore a fine 5th.

The Novice ladies put on a fine show to collect silver behind a strong Portlaoise outfit. Margo Dowling in 5th led them home with Caitriona McDonald 6th, Kate Bermingham 7th and Deirdre Brennan 16th. The men's novice was the highlight of the day with a great tussle for the minor individual medals and a very close battle for the team award. Going into the last lap Gary Cantwell was making his move coming from 7th and with a fantastic show of strength came right through to take the silver. James Tyrell gave it everything to finish 4th, it was a fighting performance from Niall English to secure 13th, and with a flu struck Aran Murphy nailing down the 4th scoring place in 15th place. Perhaps the performance of the day came from the evergreen Francis Fleming though not making the scoring team (Finished 17th) he passed the 4th scoring Portlaoise athlete on the last lap to secure us the title. Thanks to all those that turned out and to all the parents for supporting the event. Perhaps we will see more in Kilcavan when we visit again.

Coaches Required

With the influx of new members it is important that we engage some new coaches to cater for the needs of these young people. If anyone is interested in getting involved in coaching, your more than welcome. Please give your name to either James or Patrick a.s.a.p.

Schools League

The club was well represented at round 1 of the three county cross country league (Carlow, Laois & Kildare) held in Knockbeg on Tuesday. With the distances nice and short the emphasis was on speed and with the excellent conditions we had some fine performances. Round 2 is scheduled for Kildare on the 13th October.

Members Draw

The first of which takes place in the clubhouse on Friday next the 9th October @ 9 o'clock. Now is your chance to support same and thanks to those that all ready have.

Postponed Championships

Laois athletics have decided to run the T& F fixture that was postponed earlier in the year in the Athlone International Arena on Sunday 18th October commencing @ 2.00 Relays, middle distance, shot and javelin are on the programme.