

## St Abban's Athletic Club News

30th October 2013

### Breda Shines in Dunboyne Rain

Despite the tough conditions and the many showers that fell the numbers were big in all the races when the even age group, novice and masters Leinster cross country championships were decided in Dunboyne, Meath last Sunday. The U.9 events put on by the host club saw Amy Brennan and the two Daragh's (Kealy and Kelly) to the fore. In the boys U.12 T.J. Burke 33rd and Sean O'Driscoll 108th made it to the Laois team that were 8th. It was a similar story for the girls U.14 with Laois 8th, St. Abbans scorers being Orla Davis 43rd, Ruby Millet 86th, Orla Kelly 112th and Aideen Barry 117th. Cian Kelly had a fine run for 17th U.14 and Tom Buggy was 45th. Mikayla Kelly was our sole representative U.16 finishing 60th. It was 37th for Shane Bolger and 48th for Luke Attride in the boys U.16. In the boys U.18 David Lawlor had a fantastic run for 8th across the line and led the team to 4th place on 88 points with Aran Murphy 23rd, Dylan Byrne 25th, Michael Nash 32nd and Aaron Barry 33rd.

Novice men saw Dermot Ayres finish in 33rd place also. Masters men saw the club finish 8th and Laois 2nd county with Colm Burke suffering in the bare feet on the sharp bends that saw him finish in 6th place overall and 2nd in the O.45 Colm McEvoy was 29th with Liam Byrne 52nd and Niall English 65th from over 150 finishers. In the ladies masters Breda Mulcahy had a fantastic run coming through the field steadily from the gun. Going out on the last lap she was involved in a mighty duel for to take an individual medal and this she did magnificently when finishing 3rd across the line and 2nd in her category, to record her first individual Leinster medal in cross country. With good backing from Colette English (getting back to her old form) 15th, Mairead Moore 35th and Ann Nicholl/Waugh 53rd (5th in her category) the team finished in 4th place just 2 points from the bronze medals and 5 from the gold. Many congratulations to those who turned out and gave it their best in trying conditions.

### Teresa Soars to 7th in Dublin

The National championships were held in conjunction with the Dublin City Marathon on Monday. While our numbers were down a little from the club, all those who turned out scored P.B's on the big day, so well done all round. Keith Farrell ran 4-27.19, with Louise Graham recording 4-22.26 and Lynda Fay 4-06.41. Patricia O'Brien/McCord recorded 3-48.44 for her fine effort. Caitriona McDonald ran a very even paced race throughout to finish in 3-41.13, while Mark Wogan improved by over 3 minutes on his previous best for 3-38.01, while Teresa Agar with a wonderful improvement by over 5 minutes when recording 3-06.35 for a magnificent 7th place in the National championship. Along with that the combined times of Patricia, Caitriona and Teresa saw the club finish in 10th place in the team section. Fantastic stuff all round.

### Ballyroan the Venue

The county cross country relays and the intermediate championships will take place in Ballyroan on the 24th November, while the senior championships are on in Portlaoise on the 5th January, two dates for your diary.