

31st May'17

Long Sprinters Excel

It was a busy weekend of track action for our senior athletes with excellent results coming in from home and abroad. Four of our top seniors made the trip to Oordegem in Belgium for the international flanders meet and three returned home with new pb's. In the 400m, Eoghan Buggy ran a new PB of 49.19s and Jamie Pender also ran a new pb of 48.00, a qualifying standard for the European Junior Champs later in the summer. Paul Byrne went in the 400mh running 50.68 to better the previous best and Cormac Kelly, just home from the states went in the 1500m clocking a time of 3.50.58.

Back in Tullamore on a very wet Saturday, some of the Abban's middle-distance athletes were in action at the Bertie Quinn meet. John Fenlon went in the 3k running a time of 8.56.19, Stephen Hunter started off his track season with a 4.15.90 in the 1500m, new boy to the track Proctor Geoghan tested himself also over the 1500m clocking a time of 4.26.66. Maisy O Sullivan went in the women's 1500m running a time of 4.29 and Cian Kelly ran a PB over 800m of 1.58.67.

At the AAI game in Santy, Saragh Buggy opened her outdoor account winning the women's triple jump with a leap of 12.71m, Daena Kealy won the women's high jump clearing 1.65m and Conor Daly cleared 3.60m in the pole vault and 12.90m to win the men's triple jump.

JF sports Fit4Life league

The next stage of the JF sports Fit4Life league takes place in Newtown on Wednesday 7th June, registration in the School from 6.45pm with the race starting at 7.30pm.

Club Training

Club training Tues & Friday 7.30pm-9pm

Fit4Life Mon & Wed 7.30pm