

St Abban's Athletic Club News

6th February 2013

Medals Scarce at Universities

Club members found the going tough at the universities indoor championships in the world class indoor arena at Athlone I.T. Ailish Brennan was desperately unlucky finishing 4th in the 800m in a season opener of 2:20:53. It was 4th also for Emma Daly in the weight for distance with 7.05 metres and 6th in the shot with 9.50m.

Christopher Buggy was 5th in his heat in the 400m while Paul Byrne was 3rd in his 400m heat and 5th in the final in 51:02 seconds. It was 7th both for Stephen Lawlor in the 3K breaking 9 minutes for the first time and for Francis Egan in the triple jump with 12.44m. Brian Kelly won his 800m heat and took the bronze in the final in a fine time of 1:54:46.

Barry on the Double

Day 1 of the Leinster indoors saw the junior, senior and masters individual events decided in the beautiful setting of the arena in Athlone I.T. Our girls U.13 relay team qualified for the final impressively but had to settle for 4th in the final, the team being Ruby Millet, Orla Davis, Ciara McDonald and Cara Maher. Eoghan Buggy was 6th over 800m in the junior men, with Conor Daly taking silver in the triple jump with 13.12m. It was gold and a P.B. for Siobhan Nash in the 3K walk with 15:34:1. Emma Daly improved to 9.87m in the shot to take silver while the happiest person leaving the arena was Maire Griffith who collected the silver medal in the ladies 1500m after a mighty battle over the 7.5 laps. For John Territt it was gold in the masters O.50 with 10.17m in the shot and 6.99m in the weight for distance.

Eoin Kelly made a welcome return after 1.5 years away and it was a fitting performance to take the triple jump title with a distance of 14.53 metres. However the star of the show turned out to be the sprint sensation from Graiguecullen Barry Regan who recorded an excellent double winning the 60m and the 200 metres in convincing fashion.

Knockbeg for All Irelands

The Leinster schools cross country were decided over the Santry course on Wednesday. Knockbeg had all four boys teams qualified from the South Leinsters. In the minor boys it was 6th place with Cian Kelly, Killian Mulhall, Niall Brennan and Mickey Dempsey carrying the colours. The junior boys finished a fine 2nd place just 4 points behind St. Aidans and should have a right go at the All-Irelands in Jordanstown. The intermediate team were weakened due to injury and flu and were never in contention. The senior squad were involved in a fine scrap and finished 3rd to qualify with Ethan O'Neill 16th, Kevin Brennan 22nd, James Moore 32nd, James Tyrrell 36th and James Delaney 52nd, doing the business. Best wishes to both teams in the All-Ireland's.

Woodies DIY National Seniors

The arena in Athlone is the venue for the National senior indoor championships on the 16th and 17th February. It certainly has the potential for a good championships and anyone interested is welcome to come along and soak up the atmosphere.