

# St Abban's Athletic Club News

6<sup>th</sup> March 2013

## ***Saragh Scores in Scotland***

The numbers representing the club in the Scottish championships were down considerably on the past few years due no doubt to the large number preparing for the leaving certificate. Those that travelled enjoyed themselves and were loud in their praise of the fantastic new indoor arena in Glasgow.

Eoghan Buggy was very close to his personal best when finishing 4th in his heat in the 400m in a time of 52.37 seconds. This should put him in the right frame for the Leinster championships this coming weekend. Conor Daly took the silver in the junior men triple jump with a hop step and jump of 13.08 metres, a mere 6 centimeters behind the winner.

Saragh Buggy made a welcome return to competition after missing the indoor season due to injury. While not fully recovered she put in an excellent performance to retain her Scottish junior title for the triple jump with an 11.62m performance. While it is the completion of the indoor season hopefully she can build on this and progress further with the outdoor season less than two months away.

## ***Senior Road***

The county senior men and women road championships will be hosted by St Abban's AC on the Turra triangle on Sunday 24th March commencing with the women at 12 o'clock.

## ***M3 goes to 8K***

Laois Sports Partnership have once again kindly come on board to sponsor the M3 Women's mini marathon which will be held over the Monavea, Garrendenny, Killeen, Crettyard, Mayo and Monavea circuit, a distance of 8K on Sunday the 26th May at 1 o'clock. It would be especially nice to see those that are taking up an active hobby such as walking joining up with some 'BUDDIES' and coming along and getting involved in the 10 weeks preparation programme. Sessions are held on the track almost every evening to satisfy all requirements. All local areas are welcome to join us on the day. Prizes to the top 10, with special t-shirts to the 1<sup>st</sup> 200 entries and numerous spot prizes spread throughout the field. Make it a day to remember by signing up a.s.a.p.