

St Abban's Athletic Club News

8th May 2013

Stephen Storms to Victory

Training diligently over the past 4 months paid off handsomely for Stephen Lawlor when he stormed away from a class field, over the last lap, in the Leinster Novice road championship held over the famous lap in Gowran, Co Kilkenny on Monday last. Content to sit in for the opening couple of laps Stephen displayed his class and strode home in magnificent style to take the title and lead Laois to victory by a single point with Cormac Kelly also making the scoring team. Results to follow later.

Excellent Turnout at St Abban's Club Sports

Athletes from 14 counties arrived in Monavea for the 18th Annual St Abban's club sports. Some fantastic performances were recorded with perhaps the breaking of the 60 metres in the boys hammer by a 17 year old from Shercock in Co. Cavan, and in the high jump a 1.80m clearance by another 17 year old from Dunboyne, Co. Meath and a 1.60m clearance by a 14 year old from Co. Waterford were some of the highlights. Cara Kennedy from Waterford also threw the senior hammer out to 56.81 metres for a new ground record and a big new P.B.

For the record just over 700 athletes took part and 32 clubs made it to the podium. Co Waterford supplied the top two clubs with Ferrybank AC winning the 'Monavea Shield' with a total of 108 points with Waterford A.C. 2nd on 73 points and the defending champions St. Laurence O'Toole 3rd on 69 points and the host club 4th on 58 points.

St Abban's club members who made it to the rostrum included:- Amy Brennan, Ciara Harrington, Tom Buggy, Cara Maher, Orla Davis, Ruby Millet, Cian Kelly, Daena Kealy, Laura Graham, Oisin Ryan, Shane Bolger, Lauren Kealy, Nicole Kehoe/Dowling, Liz Brophy, Aaron Barry, Alex Crossley, Katie Brennan, Aran Murphy and Conor Daly. Emma Daly was in new territory when she unleashed the hammer out to 42.96 metres. The girls U.13 and 15 along with the boys U.15 and the mixed U.17 relay teams made it to the podium also.

Many thanks to all those who turned up to help out, it is very much appreciated. It was fantastic to see the meet being run so efficiently especially with the fine turnout and the large programme of events. A special word of thanks to the athletes and clubs for supporting the event, especially with so much competition currently available.

1st and 2nd for Teresa and Breda

In the Kilkenny Carers 10K road race on Monday also it was 1st and 2nd for club members Teresa Agar and Breda Mulcahy. Teresa showed she was in top class form after finishing 2nd in the Portlaoise 10K the previous day. She made her effort shortly after the halfway mark and came home almost a minute clear of Breda (who was having her first outing over 10K in a while). Others club members to feature included:- Mark Wogan, Paula and Finian Guinan making a welcome return.

In the Portlaoise 10K the previous day Colm Burke finished 2nd overall and first master, with Teresa 2nd lady while other club members to support the event included:- Linda Brennan, Peter Dobbyn, Dinny Whelan, Dolores McEvoy, Mark Wogan, Paula Guinan and Mairead Leonard.

It's Luggacurren for Stage 1

Looking forward to the return of all our former participants in the 'JF Sports Fit4Life Summer League on Wednesday evening next 15th May in Luggacurren. Also a special welcome to those joining us for the first time. The out and back circuit always generates a good atmosphere. Registration will take place from 6.15pm in the community hall. Please arrive early so that the event can get under way at 7.30pm. The 2nd stage is in Rossmore on the 29th May. It's the ideal pastime over the next 4 months to see the countryside and enjoy the walk, jog , run or race – select your own pace.

St Abban's AC Summer Camp

A date for your diary is the club's Annual Summer Camp which will take place from the 6th to the 9th August. More details along with application form to circulate later.