

St Abban's Athletic Club News

9th January 2013

All Stars Night

The Seven Oaks hotel was packed with over 240 attending the Leinster Star Awards last Saturday night. The new President of the Athletics Association Ciaran O'Cathain was delighted to be present and said some nice words in relation to those being honoured. He also welcomed all present to travel to the new indoor arena in Athlone I.T. opening at the end of the month.

Conor Daly stepped up to the mark once again to take the boys award for Laois while Saragh Buggy was delighted to accept the girl's award for the first time. It was an equally proud Brian Kelly that stepped forward to take the senior award.

Stephen Arrives

The Laois Credit Unions county cross country championships were held on the lands of Seamus and Ena Graham (by kind permission) on Sunday last and drew many favourable comments from the large attendance. Fortunate to have such a good lead in time weather wise again we had favourable conditions on the day which helped boost the atmosphere with the athletes putting in some mighty performances.

St Abban's AC juvenile athletes featured strongly in the relays winning the girls U.10, boys U.10, girls U.12 and boys U.14 and 16, while the boys U.12 were 2nd and the girls U.14 and 16 were 3rd. These medallists included:- Michael Nash, Ger Kelly, Niall Egan, Conor Mulhall, Fionn Maher, Kevin Wilson, Aaron Barry, Oisín Ryan, Cian Kelly, Alex Crossley, Daena Kealy, Laura Graham, Aiden Barry, Lauryn Kealy, Orla Davis, Tom Buggy, Eanna Ryan, Jonathon Crossley, Amy Brennan, Audrey Byrne, Sarah Graham, T. J. Burke, Darragh Kealy, Shane Buggy, Ciara McDonald, Ruby Millet and Orla Kelly.

The junior men covered 4K and it came down to the last 800 metres when James Delaney put his foot on the pedal to move away from James Moore (making a welcome return after injury) to take the title and with Joseph Barry having a fine run for 3rd the team was wrapped up when Dylan Byrne finished a game 4th.

The ladies race also over 4K was missing a few of our established stars. Never-the-less those who ran gave it everything and wore the singlet with pride. None more so than Breda Mulcahy who had a mighty battle just to come up short of a podium placing to finish in 4th place the same as last year. Maire Griffith in her first Laois senior was a fine 8th and with Mairead Moore 14th and Ailish Brennan 15th they had 3rd team secured. Linda Faye 18th, Catriona McDonald 21st, Laura Buggy 22nd and Ann Nicholl/Waugh 24th completed our representation.

In the men's event over the tough 10K Dan Mulhare moved into the lead early on and took a record 8th title and led Portlaoise to a convincing victory. The battle for the minor placing's was red hot with a number involved. Just after the halfway point St Abban's athlete Stephen Lawlor emerged from the pack and despite a couple of challenges held his position to come home and take the silver medal and lead the club to silver medals. Brian Kelly found the going tough when finishing 7th, with Colm Burke despite the lack of mileage nailing down 9th

from James Griffin 10th, the returning Dermot Ayres 19th and the Timahoe man Colm McEvoy completing our scoring 6 in 23rd place. Others to wear the singlet included:- James (Bilbo) Nolan 24th, Peter Baldwin 26th, Liam Delaney 29th, Anthony McDonald 31st and Matthew Warren 32nd.

It was great to see so many former champions present and thanks to all that made it a great day. Special thanks to the officials that prepared the course and to those that looked after club teams. Also to the ladies who provided refreshments in the clubhouse afterwards and the Graham families for use of their land.

Leinster Senior

Ballyroan Sunday 20th January is the venue for the Leinster senior and junior men and women cross country along with juvenile relays. The action gets under way at 12 o'clock and all are welcome.

Secondary Schools

The Laois secondary schools cross country will take place in O'Dempsey's GAA ground on Wednesday next the 16th January.

Table Quiz

The Annual club table quiz will take place in Behan's on Thursday the 24th January at 8.30pm. There are cash prizes for the top 3 teams plus many spot prizes. Entry is 40 euro per table of 4. Your support for this event would be much appreciated. Drop in and bring a few friends along.