

St Abban's Athletic Club News

10th April 2013

Colm Adds Another Title To His Collection

Portarlinton was the venue for the Laois Masters road championships on Sunday last. In the ladies 3K event we had two debutants in the club colours in the persons of Caitriona McDonald who had a fine run for 7th place in 12:33 and Carmel Hughes 19th in 16:15. Added to this the outstanding contribution Mairead Moore in 5th position in a time of 12:21 and Ann Nicholl/Waugh in 15th position in 14:39 have made in the club colours always present and willing to go the extra mile it was a happy crew that emerged for the bronze medals. Caitriona and Carmel were delighted to pick up their first county championship medal. Ann had the satisfaction of collecting the silver individual in the O.45 category also.

In the men's event over 6K it was 1st and 2nd for the club with the two Colm's (Burke and McEvoy) coming clear in 20:19 and 20:51 respectively. With Joe Harding having an excellent run in 8th place in 23:01 and Francis Fleming (Snr) 13th in 24:03 the team title was secured. Francis had the bonus of taking the bronze in the O.50 category. Liam Delaney came in 16th position in 24:16 and Dinny Whelan 21st in 28:39 provided the back up.

First visit to Templemore

A number of club members made their maiden voyage to Templemore to sample the excellent facilities and a beautiful tartan track and the local club's open sports. With a number of events in each age group some emerged with quite a collection of silverware. Among them was Orla Davis taking her 2nd place medal in the high jump a new event for her. Others to feature on the podium a number of times included:- Ruby Millet, Cian Kelly and the Kealy sisters Daena and Lauryn.

Alison Does the Business

Just home after her fine displays on the Irish rugby 7's team, Alison Miller returned to her roots to launch the Laois Sports Partnership M3 Women's mini marathon on Wednesday last. This year's event is over 8K and takes place on Sun 26th May at 1pm. It is an ideal preparation run for the Flora mini marathon in Dublin on the June bank holiday. Thanks to those who turned out for the launch and best wishes to Alison in her sporting career.

Jason on Board

The club's Fit4Life league got a timely boost when local sports gear specialist Jason Farrell from JF Sports (recently moved to Tullow Street, Carlow) came on board to sponsor the 2013 league. With the 1st stage kicking off in Luggacurren over 4K on Wedthe 15th May now is the time to dust down those shoes and get out and take some exercise. We would especially welcome those that are just interested in taking a brisk walk. The league travels to 8 different locations and is run every 2 weeks on Wednesday evenings with registration just €5 and €30 covering all 8 sessions. Looking forward to your support and participation. Lots of spot prizes each night plus refreshments served after each event.

40th Student Games

On Sunday 28th April the 40th Annual Student Games for all local primary schools will take place at the club grounds, Monavea. This competition has marked the start of many a promising athletic career and who knows what this year's competition will deliver. It would be nice to see some new faces and with events from U.7 to U.17 including relays we hope to cater for all. Why not make it a date then and celebrate the 40th running of this event. Cards are in circulation for the usual student games raffle with John Brophy veterinary once again sponsoring the event.