

St Abban's Athletic Club News

13th February 2013

Successful Nationals

A big crowd gathered in Athlone International arena for the Woodies DIY National Masters, Junior and U.23 indoor championships over the weekend. Some fantastic competition was witnessed with several National records being set. Local St. Laurence O'Toole athlete Marcus Lawlor was the star of the meet setting Junior records in the 60 and 200 metres and achieving qualification standards for the European juniors to boot.

Club athletes showed steady improvement and performed well. Katie Brennan was 9th in the 60m in 8.54 seconds, while Barry Regan was 8th in the final of the 60m in 7.24 seconds. Brian Kelly was unlucky and had to pull up with an injury in the 400m. Eoghan Buggy was 4th in his heat in the 400m in 53.03 seconds.

Nessa Millet had a fine performance in her 400m first qualifying for the final by winning her heat and then taking over 3 seconds off her indoor P.B. to finish 3rd in 57.58 seconds in the final. Conor Daly improved his triple jump again on his previous week's performance to 13.25m to take the silver, while it was silver also for Siobhan Nash in the 3K walk in 15-31.58. to go along with her Leinster gold of the previous week.

It was left to John Territt to carry our colours in the masters and as usual he did the business to take the silver in the V4 shot with a putt of 10.81m - perhaps with this excellent facility we might have a few more club participants in the masters in the years ahead.

Sportshall

Several local schools have signed up for the Laois Sports Partnership Sportshall athletics programme which will get under way over the next few weeks.

Leinster Indoors

Day's 2 and 3 of the Leinster juvenile indoor championships will take place in Athlone on the 9th and 10th March for the U.12 to U.19. All club members interested in participating in these championships and enjoy using a top class facility are requested to fill in entry form in the clubhouse a.s.a.p.