

St Abban's Athletic Club News

13th March 2013

An enjoyable Leinster Championships

Over 20 St Abban's club members made the trip to the Athlone International arena for the Leinster indoor championships. When the dust had settled over the two days we had recorded several P.B.'s, the usual quotas of 4th and 5th placing's along with 9 medals comprising of 3 gold, 4 silver and 2 bronze.

Among the newcomers to make an impression were Kevin Wilson in the U.17 high jump with a 1.65m clearance for 5th place. Tom Buggy had two good performances in the boys U.13 in the high jump and the 600m. Craig Coffey was 5th in the U.19 60m in 7:74, while two more newcomers to perform admirably were Cian Burke in a time of 8:13 and Darragh Brennan 8:55 over 60 metres. Lauryn Kealy ran 2:31:01 to qualify for the 800m final but had to withdraw due to illness. Maeve Maher cleared 1.30m for 6th in her high jump event with her brother Fionn clearing 1.45m. Liz Brophy was another in 5th place in the shot with a putt of 7.88m. Aran Murphy was also 5th in the shot with 8.91m and ran 26:42 for the 200 metres. T. J. Burke cleared 1.15m for 6th in the U.12 high jump. Dylan Byrne/Gray was 9th in the 800m clocking 2:17:55.

Daena Kealy took the silver medal in the girls U.14 high jump with a clearance of 1.45m, while Cian Kelly won the boys U.14 high jump with a new P.B. of 1.51 metres. Mikayla Kelly made a welcome return and collected the bronze in the girls U.16 shot with an excellent putt of 10.77m. Ruby Millet had a fine run to qualify for the hurdles final where a poor start cost her in the final. She made up for it in the long jump with a new P.B. of 4.11m and the silver medal. Cara Maher was 5th in the girls U.13 high jump clearing 1.20m and ran two fantastic races in the heats and final of the 600m to take the silver medal. Siobhan Nash was in flying form to take over 18 seconds of her previous best for the 1500m Walk clocking 6:56:8 and a facile victory. Eoghan Buggy was the club star over the weekend emerging with three new P.B.'s and a full quota of medals with gold over 400m in a time of 51:99 seconds, silver over 200m in 23:50 and bronze in the 60m events.

Best wishes to those who have qualified for the All-Irelands on the 23rd and 24th March in Athlone. Many thanks to all the parents and coaches and congratulations to all the athletes on performing so well.

Silver for Knockbeg College

It was the University of Jordanstown for the All-Ireland schools cross country. Over a tough course the junior boys put on a great show and emerged with the silver medals led home by John Byrne 15th, Oran O'Flaherty 17th, Robert Crowley 29th, Conor Crowley 37th, Cian Kelly 39th, Shane Donoghue 59th, Donnacha Colgan 65th and Shane Bolger 67th. The senior boys were down a few places across the board and missed out on the bronze medals by a few points. Finishing places included:- Kevin Brennan 29th, James Moore 35th, James Tyrell 44th, Ethan O'Neill 51st, James Delaney 55th, Thomas Kane 61st, Joseph Barry 76th and Mark Rennick 87th and 6th team. Congratulations to Mr. Maye and the lads on another successful cross country season.

Defibulator Qualifiers

Congratulations to those who completed the course in the use of the defibulator recently. Among those to be awarded certification in its use are:- Jimmy Walsh, Breda Daly, Patsy Baldwin, Francis Fleming, Margaret Davis and David Buggy. Special thanks to Eileen Kelly for facilitating and training and the certification of those that did the course. Hopefully another course can be held in the next few weeks with the emphasis on a younger crew.