

St Abban's Athletic Club News

17th April 2013

Eoin Takes University Title

The Mardyke in Cork was the venue for this years University track and field championships. St Abban's club members represented Dublin City University and I.T. Carlow. Christopher Buggy was 4th in his heat of the 400m in 57 seconds. Brian Kelly was 7th in the 1500m running 4:04:71 in his heat. Brandon Fennelly was 6th in the hammer with a throw of 35.72m and a new P.B. Emma Daly covered all the throws for DCU finishing 8th in the discus, 7th in the shot, 4th in the 8 kg for distance and took the bronze medal in the javelin with a throw of 32.86m. Francis Egan also won bronze with a 12.89m performance in the triple jump. The winner of the triple jump and getting his outdoor season off to an excellent start was Eoin Kelly with 14.35 metres. This added to his Leinster and National indoor titles makes 2013 a very successful year to date.

Nicole back with a bang

Having being ruled out of the indoor season due to injury Nicole Kehoe/Dowling returned to competition when she participated in the Crookestown/Millview Open sports on Sunday. Hungry for competition she completed the double winning the shot and the discus comfortably and giving herself something to build on for the coming season. Cara Maher was equally impressive in taking the girls U.13 600m metres in fine style.

Other Events from the Week

In the Carlow 5K James Nolan had a fine run for 6th place and Martin Kelly came home in 8th position to win the O.50 section. Aisling Leonard made a welcome return. Shane Harding was 244th out of more than 6000 participants in the Spar 10K run in the Phoenix Park.

40th Student Games

Details have been circulated to all the local primary schools re the staging of the 40th Annual Student Games on Sunday 28th April commencing at 1.30pm. With events right through from U.7 to U.17 everyone is welcome to turn out and represent their area. Members of the Newtown team that were the first holders of the cup back in 1974 will be in attendance.

Stage 1 of the League in Luggacurren

The JF Sports Ltd. Fit4life Summer league will commence this year on the Wednesday 15th May with stage 1 in Luggacurren. Whether it's walking, jogging running or racing this 'out and back' course in a beautiful setting is the ideal place to commence your summer activities in the country side. Looking forward to meeting

all those that have taken part in the past few years and welcoming anyone else that might be interested in participating. James and his team will be delighted to see you in Luggacurren on the 15th.

Laois Track & Field

The 1st stage of the Laois T & F championships will take place at St. Abbans, track Monavea on Friday the 10th May commencing at 6.30pm. The Programme of Events will be in circulation shortly.

St Abban's AC Open Sports

The 18th Annual St. Abbans Track & Field Open Sports will take place on Monday 6th May 2013 commencing with the hammer and walk events at 12.30pm. The St Abban's Sports has been growing in stature over the past number of years and is now firmly established on the sporting calendar. The Monavea Shield will be presented to the best all round club on the day. Anyone interested in helping out on the day please get in touch with any of the club officials. The Programme of Events can be downloaded from the St Abban's website: <http://stabbans.itcarlow.ie>