

St Abban's Athletic Club News

19th June 2013

Nessa Goes Sub 60

Getting a late call up to represent University of Limerick in their annual match against a USA selection, St Abban's AC athlete Nessa Millet made excellent use of the American athletes to turn in a magnificent performance and set a new P.B. along with a club and county record when she clocked 59:87 for the 400m hurdles. Drawing a favourable lane on the inside of her American opponent it was obvious from the first hurdle that a great battle was under way. With the American having a slight advantage up to the 5th hurdle Nessa started to motor and it was level at the 7th hurdle with Nessa starting to get some daylight over the 8th and 9th. Unfortunately to strike the 10th the American took advantage and had the momentum to the line to record a narrow victory. Nessa while initially disappointed not to win was more than happy when the times were announced and delighted to have broken new ground and to achieve the 'B' standard for the European junior championships.

Siobhan Happy with 1st Attempt

Another club athlete just fresh from completing her Leaving Certificate Siobhan Nash was an excellent 8th in the 10K Small Nations Race Walking event in Breda, Holland over the weekend. This was Siobhan's first venture over 10K and she recorded a time of 57 minutes and 51 seconds and a narrow win for Ireland over England on a score of 32 points to 31 points, with Switzerland 3rd and Netherlands 4th, from Denmark 5th and Belgium 6th.

Congrats Alison

Many congratulations to Alison Miller who was accorded a civic reception by Laois County Council on Wednesday last for her exploits as the star performer on the Irish ladies rugby team that won the first ever Six Nations, Triple Crown and the Grand Slam in 2013. Wishing Alison and the Irish team all the best for the World Sevens in Moscow over the next couple of weeks.

Happy Crew in Tullamore

The Leinster U.13 – U.19 championships were decided in Tullamore over the weekend. Our squad, though smaller than usual in numbers, acquitted themselves well and most came home happy and content. Oisín Ryan was 11th in his 800m and did the long jump, Dylan Byrne was 4th in his 800m, with Orla Davis 8th in the high jump with a 1.15m clearance.

Aran Murphy threw the javelin 35.43m for bronze with Mikayla Kelly getting the discus out to 23.40m for bronze also, while it was bronze as well for Liz Brophy in the hammer with a throw of 24.01m. James Moore was also a bronze medallist with 2-09.78 in the 800m and Cara Maher was in a similar position with 1-47.43 in the 600m metres. Cian Kelly took silver in the high jump with a clearance of 1.50m while Daena Kealy also scored silver in the high jump with a jump of 1.45m, as well in the 800m in 2-30.85. Daena's sister Lauryn took silver in her 800m in a fine time of 2-23.89

Ruby Millet struck gold in the long jump with a new P.B. of 4.46m and added bronze in the hurdles for good measure. Nicole Kehoe/Dowling had a very satisfactory championships taking the gold in the discus with 28.80m and silver in the javelin with a throw of 28.55m. Perhaps the performance of the weekend from a club perspective came from Tom Buggy running 1-45.24 in his heat of the 600m and going out later to run 1-43.04 in the final and take the gold medal in style down the home straight. Many congratulations to one and all and best wishes for the All-Ireland's.

Wolfhill for Round 4

With such a fine turnout and a brilliant atmosphere in round 3 of the JFSports/Fit4life Summer League in Newtown we're off to Wolfhill for the 4th stage this Wednesday 26th June. Those to feature among the spot prizes in Newtown included:- Tom Brenan (Coolcullen), Niall English (Coolnariska), Tony Gartland (Hacketstown), Mairead Moore (Ashfield), Sean Doyle (Tinryland), Fergal Doyle (St. Fiacc's), Mags Phelan (Arles), Olyn Larkin (Portlaoise), Kate Bermingham (Carlow), Ann Marie O'Reilly (Newtown), Sharon Buggy (St. Abbans), Aisling Tayloe (Leighlinbridge), Gerry O'Regan (St. Fiacc's), Linda McDonald (St. Fiacc's), Caroline Wall (Bagenalstown) and Jude McEvoy (Ballyadams). Naturally we would be delighted to see you and wish all those turning out another enjoyable experience in Wolfhill.

Graded Meet

Six St Abban's club members took part in the Dublin graded meet last week and turned in some fine performances. Maire Griffith made her debut over 800m on the track with Lauryn Kealy recording 2-26.21 for 7th in the 800m. Stephen Lawlor ran 9-08.12 when finishing 18th in the 3K (He was also 3rd in the Eigse mile in Carlow), James Moore had a P.B. running 2-07.36 in the 'C' 800m finishing 3rd. It was another P.B. of 1-58.39 for Cormac Kelly in the 'B' 800m when leading them home. In the 'A' 800m it was the turn of Brian Kelly to show how to do it when he came home in an excellent time of 1-52.41 – a nice evenings work all round.

Colm & Niall in Abbeyleix

The heart of Laois 10K saw Niall English and Colm Burke record worthy performances in the Abbeyleix/Ballyroan promotion.

Primary Schools Results

Big numbers from all over the county led to some keen competition at the club grounds when the Laois Primary schools championships were decided. Local athletes to feature included Doireann Coogan, Ruby Millet, Nicole Dowling, Colin Dragoi and Tom Buggy from Moneenroe. Cara Maher, Ciara McDonald, Orla Davis and Aoife Cawley Killeshin. Dean Shields Newtown and the Ballylinan relay team of Ronan Brennan, Larry Delaney and Eugene Arogundale. Again thanks to everyone that helped out.

All Primary school children are welcome to register for our summer camp early in August. The best value camp around, forms available in the clubhouse or on the St Abban's AC club website.