

# St Abban's Athletic Club News

20<sup>th</sup> February 2013

## ***National Senior Titles for Barry and Eoin***

The Woodies DIY national senior indoors drew a full house to the Athlone International arena over the weekend. With such top class facilities the performances in general were up also with several athletes securing P.B's. On Sunday when most of the finals took place, the atmosphere was electric at times and this urged everyone to give their best. Having said that some operational matters such as the starting equipment left a lot to be desired.

Stephen Lawlor was unlucky not to break the 9 minute barrier in the 3000m and had to settle for 16th place in 9-01.63. Nessa Millet, despite finishing a close 2nd in her heat in 58.33 seconds, failed to make the final finishing in 8th place overall. Conor Daly gave it everything and moved his P.B. out to 13.70 metres in the triple jump which was good enough for a close 4th. It was 4th also for Barry Regan losing out by a mere 3 hundredths of a second in the 60 metres. He clocked 7.19 for 3rd in his heat, followed it up with 7.14 and 2nd in his semi-final and moved it to 7.12 and another P.B. in the final and just failing to make the podium.

Eoin Kelly showed he is back to close on his best in the triple jump when he registered four jumps out over 14 metres on his way to taking another senior title with a best of 14.44 metres. His teammate Barry Pender came home from Birmingham, where he is currently training, to take the high jump title. With quite a big field it took some time (almost an hour) before Barry attempted his opening height of 2 metres sailing over. The bar went to 2.03m and Barry cleared on his first attempt and retained his title won in Belfast last year. He put the bar up to 2.10m but with little to aim for called it a day. It was a good start for the club in the new facility and hopefully it can be built on for the future. Two gold and two 4th placing's augurs well.

## ***Nessa Accepts Award***

While being a little disappointed not to make the 400m final in Athlone Nessa Millet was in great form when she accepted the Tipperary Crystal National star award for Laois from the Minister Michael Ring in the Tullamore Court hotel on Saturday night. The award is in recognition of her outstanding performances in 2012 capped what was an outstanding year for her. The President of athletics Ireland, Professor Ciaran O'Cathain was loud in his praise for the current crop of outstanding junior and juvenile athletes coming through and wished them all the best for the future. He looked forward to many of them making it to International level in the future.

## ***Sportshall***

Laois sports partnership are currently promoting Sportshall athletics in the clubhouse for the local primary schools. The club wish to thank LSP and the teachers for the involvement of the students and hope they have an enjoyable experience. Anyone interested in developing further are very welcome to come along to our club training on Tuesdays and Fridays at 7.30pm.