

St Abban's Athletic Club News

22nd May 2013

M3 Monavea Women's Mini Marathon

The M3 Monavea Women's Mini Marathon takes place today (Sun 26th) at 1pm starting and finishing in St Abban's club grounds. The event is open to ladies who would like to walk, jog or run the 8km mini marathon. Your support is very much appreciated.

Saragh Extends Her Record

Club members featured strongly for their schools in the recent Leinster Schools Track and Field championships held in Santry. Among those to finish in the top 6 and not qualify for the All-Ireland's were Lauryn Kealy 6th in 800m, Adam O'Grady 4th in high jump and 5th in hurdles, Cian Kelly 6th in high jump, Liz Brophy 4th in hammer, Denis Brophy 5th in long jump, Megan Walsh 6th in javelin and Anna Daly 5th in walk.

Daena Kealy had a P.B. when clearing 1.50m in the minor girls high jump and securing the silver medal. Nicole Kehoe/Dowling threw the discus 31.48m which was good enough for silver and added the bronze in the javelin with 25.11m. Mikayla Kelly also took silver in the shot with 9.71m and bronze in the discus with 28.90m metres. Conor Daly, in his last Leinster schools in the colour of Knockbeg college, went just over 13 metres to secure silver in the triple jump.

Clare Delaney secured our first female pole vault medal since Anna Miller did so over 6 years ago. Clare had a new P.B. when winning with 2.20 metres. Siobhan Nash took her 3rd Leinster schools gold when she won the senior walk title in the colours of Heywood community college. It was gold and silver for Nessa Millet representing Kilkenny college, despite recovering from tonsillitis, she put in two excellent performances in the 400m hurdles and the 400 metres. It was gold and bronze in the Castlecomer outfit for Saragh Buggy in the triple jump 11.59m and long jump 5.03 metres. Saragh extended her Leinster school's record set last year in the triple jump. All in all two excellent days competition securing 4 gold, 5 silver and 3 bronze. Congratulations to all the coaches on a job well done and best wishes to all the athletes that made the All-Irelands in Tullamore on the 1st June. You're all welcome to Tullamore for an excellent days athletics.

Round 2 of league in Rossmore

The 2nd stage of the JFSports/Fit4Life league will take place next Wednesday the 29th May in Rossmore. Registration from 6.20pm in Oisin house. Colm Burke and Teresa Agar were the first in round 1 held in Luggacurren with the following claiming spot prizes:- Tom Brennan (Coolcullen), Martin Kelly (Graiguecullen), Marie Griffith (Borris), Brid Long (Carow), Eddie Cahalan (Abbeyleix), Sean Dundon (Timahoe), Marie Murray (Mayo), Fergal Flanagan (Carlow), Mary Dowling (Portlaoise), Dolores McEvoy (Timahoe), Jason Farrell (Rossmore), Keelan Dermody (Bagenalstown), Brigid Murphy (Clogh), Florence Leonard (St. Fiacc's), Jason Monaghan (Killeshin), Aine Dunne (Wolfhill) and Mary Carr (Tolerton).

Other club success

Our numbers were small in the younger ages inter county match held last Friday in Tullamore. Those that ventured certainly carried the colours well securing a collection of silverware. The Buggy brothers Shane and Tom made a big impression in the boys while Ruby Millet and Orla Davis did likewise in the girls events.

Meanwhile in the Dublin graded meet Brian Kelly was 7th in the 1500m in 4:03:09 with Cormac Kelly 11th in 4:08:04, while Katie Brennan was 13th in the 200m in 28:17 seconds.