

St Abban's Athletic Club News

24th April 2013

First title for Dylan

The poor weather conditions curtailed the programme for the Laois secondary schools track and field programme held at St Abban's track last Wednesday. It was a pity as the event was well supported by the secondary schools of the county. St Abban's club members represented Heywood community school and Knockbeg College. Among those to feature on the podium were:- Conor Brennan, Keelan Mulhall, Cian Kelly, Killian Hegarty, while Dylan Byrne/Gray won his first schools title when he secured victory in the senior boys 1,100m in the Heywood colours. Thanks to all that braved the conditions and ensured most of the programme was completed.

Leevale Sports in Cork

The prestigious Leevale Sports was held on the grounds of Cork IT over the weekend and the club secured two first placing's with Daena Kealy winning the high jump with a 1.45m clearance, while Nessa Millet was a clear winner in the 400m hurdles overcoming a strong field and a very strong wind in the home straight.

In the St. Laurence O'Toole Open Sports our numbers were scarce with Orla Davis making it to the podium in the 600 metres.

Deadman's Dash

The Ballyfin promotion drew a good number with the following club members featuring:- Colm Burke, Colm McEvoy, Patrick Marshall and Dinny Whelan, while we had a number of participants in the Carlow Regional Youth Services 5K including Bernard Graham and Mark Murray.

Bank Holiday Outing

The 18th Annual St Abban's AC Open Sports will take place on Monday 6th May commencing with the hammer at 12.30. A full programme of events catering from U.8 up to and including some senior events will take place. It is anticipated that the usual big crowd will be in attendance and everyone is welcome along to enjoy the event. A copy of the Programme of Events can be downloaded from the St Abban's website: <http://stabbans.itcarlow.ie/>

The first session of the Laois county Track & Field championships will be held at St Abban's club grounds on Friday the 10th May commencing at 6.45pm with events for U.9 right through to Master's again you're welcome along to a fine evenings sport. Admission is €3 on all occasions.

South Leinster Schools

It's a very busy time for track and field juvenile athletes with open sports, county championships and the secondary schools championships. Scanlon Park in Kilkenny is the venue for the South Leinster schools with the younger age groups on the 1st May and the intermediate and senior on the 9th May, followed by the Leinster schools in Santry later in the month.

Plenty to choose from

Never in the history of the sport were there so many races and fun runs being organised with 2 or 3 in every parish this year. Some celebrating 'The Gathering', some fundraising for charities and other's fund raising for clubs and organisations. Athletics appears to be the most popular method of fund raising at the moment. Never-the-less we invite all interested in being active during the summer to come along and join our 8 stage summer league kindly sponsored by JF sports Ltd., Carlow. The league commences in Luggacurren on Wednesday the 15th May over a 4km course with registration from 6.15pm in the local hall. Looking forward to meeting all our past participants and hope to welcome several new faces. We offer great value at €5 per session or €30 covering all eight outings. Refreshments will be served after the event.