

# St Abban's Athletic Club News

26<sup>th</sup> December 2012

## **Stars Shine**

The Leinster star award recipients for Laois have just been announced. The ladies juvenile award goes to National senior silver medallist in the triple jump Saragh Buggy. It is Saragh's first time to be recognised with this award and it is based on her performances indoor and outdoor over the past year in the Leinster championships. Saragh is currently studying for her leaving certificate in Castlecomer Community college.

The boys recipient is none other than Conor Daly who has been the outstanding male juvenile athlete in the county for the past five years. Conor excels at the combined events, long, triple and high jump and is currently studying for his leaving certificate in Knockbeg college.

Brian Kelly is honoured for the first time being the recipient of the senior award. He also had an outstanding year indoors and outdoors featuring in the 800m, while he recently featured over the cross country taking the Leinster novice title.

The presentations will take place at a dinner in the Seven Oaks, Carlow on Saturday 5th January. Anyone interested in tickets please get in touch with any of the stars. Many congratulations to Saragh, Conor and Brian from all in the club.

## **Big Turnout for St. Stephen's Day**

Despite the poor weather conditions a good crowd showed up for the club's Annual St. Stephens day events. Over 40 took part in the ladies and U.14 boys event over 1 lap (1 mile) of the Turra circuit. Cheryl Nolan, home for Christmas from her scholarship exertions in the United States, had 9 seconds to spare over the defending champion Ailish Brennan, with Cian Kelly having a big P.B. of 5.45 with Breda Mulcahy 4th in 5.52. Maire Griffith continued to show her good form when she came in 5th in 5.55 with Mairead Moore 6th with a P.B. of 6.24.

In the quest for the 'Jack Mealy Perpetual Cup' which goes to the female that has shown the most improvement on the previous years performance it was a very close affair. Mairead Moore improved by 5 seconds, with Ailish Brennan improving by 6 seconds, Breda Mulcahy by 10 seconds, Orla Davis by 11 seconds, Carmel Hughes by 12 seconds, Pauline Doyle by 14 seconds, Angela Mulhall by 16 seconds and the holder of the cup for the coming year with an improvement of 21 seconds is Laura Graham.

In the men's event over 3 laps of the Turra circuit the defending champion Stephen Lawlor meant business from the off. Forcing the pace he gradually pulled away from the remainder of the 44 competitors to come home in a time of 14.08 which was 11 seconds faster than last year. John Fenlon and James Griffin had a good battle for 2<sup>nd</sup> and 3<sup>rd</sup> places with John getting the verdict over the final 300 metres. Chris Finn was 4th with Colm Burke returning after injury 5th and Dermot Ayres 6th. It was a very close affair in the team contest with team 'D' (Colm Burke, Noel Phelan, Paraic Bolton, Martin Rice and Michael Lyons) getting the better of team 'L' (Noel Coss, Eoghan Buggy, Matthew Moore, Francis Fleming and Patsy Baldwin) on a score of 94 points to 95. Team 'H' (Chris Finn, Dermot Ayres, John Graham, David Buggy and Sean Kelly) scored 104 points while team 'K' (Declan Byrne, Mark Murray, Liam Delaney, Matthew Warren and Jimmy Walsh) were 4th on 108 points. Team 'C' 5th on 114 points with team 'F' 122 points, team 'A' 124 points, Team 'B' 131 points and team 'E' 9th on 143 points.

Unlike the ladies the men had a clear winner of the 'Paddy DOC Delaney' cup. Patsy Baldwin and Francis Fleming improved their performance by 1 second on their 2011 times. Stephen Lawlor by 11 seconds, Matthew Moore by 16 seconds, Paddy Harding by 18 seconds, Martin Kelly by 24 seconds, Andrew Rice by 35 seconds, Dylan Byrne and John Fenlon improved by 39 seconds while Matthew Warren showed with an improvement of 1 minute and 36 seconds while John Reid had 1.46 but it was Seamus Brennan with a massive improvement of 4 minutes and 48 seconds that took the cup for the coming year. Appropriately enough his father local Councillor Ben Brennan sponsored the event. Special thanks to the Behan family for looking after us so well with the best of facilities.

### ***Laois Senior***

Sunday the 6th January will see big numbers arrive in Tolerton for the Laois Credit Unions senior and junior cross country championships. Juvenile relays are also on the programme. The venue this year is just across the road from last year on the lands of the Graham family, by kind permission. Happy New Year to all our members, supporters and the local community.