

St Abban's Athletic Club News

27th March 2013

Siobhan Walks Tall

Athlone's International arena hosted the Woodies DIY National indoor championships for the first time and from the performances of the young athletes it is obvious the change this facility will make to Irish athletics. Over 20 new championship best performances along with qualifying standards for the European championship were achieved. The only sad thing in a remarkable weekend of athletics was the sensitivity of the starting equipment which led to a large number of disqualifiers especially in the sprints.

From a club point of view our members acquitted themselves well and performed admirably. Ruby Millet was 7th in the U.13 long jump with 4.03m. It was 7th also for Eoghan Buggy in the 200m and 400m, while Cian Kelly was 6th in the U.14 high jump with a 1.50m clearance. Daena Kealy scaled new heights when collecting the bronze in the U.14 high jump clearing 1.48m. Daena had a clean record up along and was unlucky on her 2nd and 3rd attempts at 1.51m which was the height cleared by the silver medallist. It was bronze also for Cara Maher in the girls U.13 600 metres in an excellent time of 1 minute 46.24 seconds. Cara got herself into the correct position from the gun and gave it everything throughout just running out of gas over the final 30 metres.

Siobhan Nash exploded from the gun when setting out in the U.19 1500 metres walk and again she had covered the first 100 metres had gone clear of her fellow competitors. Maintaining excellent form and good technique she increased her lead throughout and came home a comfortable winner to take her 2nd National indoor title. It was a gold and 2 bronze for the club in this exalted company.

Breda leads ladies to victory

The club hosted the Ben Brennan sponsored Laois senior road championships on the Turra triangle last Sunday. The ladies event saw the return of some former stalwarts and a great battle for the individual title. Breda Mulcahy (nee Roche) had her best performance to date taking the silver medal just 4 seconds behind the winner and 3 seconds ahead of the third place finisher. When the dust had settled and the points totted up she had the pleasure of leading her team to a narrow but satisfying victory by 2 points over Portlaoise. Maire Griffith had a great time of 15.08 for the 4K when finishing 5th and with Ailish Brennan performing well on the home patch finishing 7th it was the return of former champion Colette English in 8th spot that clinched the team title. Our 'B' squad of Caitriona McDonald 12th, Carol Brennan 15th, Margo Dowling 16th (another making a welcome return to the home ground) and Ann Nichol/Waugh 17th for 4th team.

Colm Burke turned back the clock to finish a fine 2nd in the men's race behind Dan Mulhare. In the team event again it was a battle between ourselves and Portlaoise with Portlaoise emerging victorious by 3 points. Dermot Ayres, another that has made the big comeback, showed a healthy appetite for the competition when finishing 7th just ahead of a great clubman Colm McEvoy in 8th and a welcome newcomer in Philip Roche finishing 9th. Others to wear the club colours on the day included Francis Fleming (Jnr) 20th, Niall English 22nd, Joe Harding 25th, Francis Fleming (Snr) 26th and the one and only Dinny Whelan 28th. Thanks to everyone that turned out and to all that ensured everything ran smoothly and to Ben for funding same.

Killeshin at last

The 28th Annual Primary schools table quiz kindly sponsored by Dineen Refractories Ltd. saw some great answering from the 12 local primary schools that competed in the semi-finals and final held in Killeen hall. It's a long time since Killeshin got their hands on the Fr. Kennedy cup and they were a very happy crew that emerged victorious by the narrowest of margins over a game Ballyadams outfit, with a young Mayo squad 2 points adrift in 3rd place. Killeshin ("The Nerds") were Darragh Kehoe, Jordan Hennessy, Cathal Byrne and Danielle Moran while the Ballyadams ("Fitch Crusaders") team members were:- Senan Shortall, Gavin Waston, Eoin Shanahan and Jack Fanning. For the record the Mayo ("Smarticles") team comprised of:- Katie Patterson, Roisin Doyle, Brian O'Sullivan and Conor Mulhall.

1st Killeshin 59 points, 2nd Ballyadams 58 points, 3rd Mayo 56 points, 4th Moneenroe 53 points (after a tie breaker) , 5th Knock 53 points, 6th Killeen 52 points, 7th Killeshin 51 points and Moneenroe, 9th Wolfhill 49 points, 10th Mayo 48 points, 11th Arles and Killeshin 47 points, 13th Ballyadams 46 points, 14th Graiguecullen 44 points and 15th Ballylinan 43 points. Thanks to our sponsors Dineen's, to the Killeen hall committee for accommodating us and to Pat Whelan and his crew for another excellent show. Special thanks to all the primary school teachers and parents for their participation.

Defibulator Course

It is hoped to run a 2nd defibulator course on the 11th April, anyone interested please sign up a.s.a.p. in the clubhouse.

Club Sports

The May bank holiday (Mon 6th) sees the hosting of the 18th Annual club sports at the club grounds Monavea. Anyone interested in taking part or helping out are welcome to come along to the club any evening during training and register. Why not come along and give some of the many events catered for a go, such as the high jump, pole vault, turbo javelin, hurdles etc.

Club Membership

With the track and field season about to get under way it would be much appreciated if those wishing to become members of the club would fill in the appropriate membership form and return with fees to clubhouse.