

St Abban's Athletic Club News

29th May 2013

Teresa Takes her first M3

A disappointing turnout saw a clear 1st and 2nd from the host club St Abban's in the M3 Monavea Women's Mini Marathon over a new improved course in the event kindly sponsored by Clonmore Meats and Laois Sports Partnership. The new course over the Killeen route though a little longer 8K in distance drew favourable comments from all participants. Teresa Agar won her first M3 title and repeated Claire Phelan's achievement of 2010. In 2nd place was Breda Mulcahy and she was also 2nd back in 2010. Many thanks to everyone who supported the event and hopefully you had a pleasant experience, special thanks to those who donated some beautiful spot prizes.

Men Perform Well

Scoring just under 100 points and finishing 5th overall the St Abban's AC men's team set themselves up nicely to qualify for the final of the National League premier division. Barry Regan was 5th in the 100m and 200m, while Eoghan Buggy scored a big P.B. when finishing 4th in the 400m. Brain Kelly as usual came up trumps with another 800m victory. Stephen Lawlor was our man in the 5,000m while Cormac Kelly had a P.B. also in the 1500m. Paul Byrne was just over 54 seconds for 2nd in the 400m hurdles, while his brother Colin made a welcome return to the club colours to take 2nd also in the pole vault, Aidan Kelly covered the discus while Brandon Fennelly did well in the hammer, with Liam Kelly doing the javelin. Our guest Seamus Fitzpatrick from Portlaoise did the shot and secured 2nd in the 56 lbs for distance. Conor Daly also scored in 2nd place in the long jump. Eoin Kelly was the star performer on the day taking 4th in the high jump with 1.85m, 2nd in the 110m hurdles and 1st in the triple jump with 14 metres. He teamed up with Barry, Eoghan and Conor for 3rd in the 4 x 100m relay. A repeat performance in round 2 should see us safely into the final.

Our ladies squad were decimated with so many exam tied. Emma Daly won the javelin and was 2nd in the hammer while Siobhan Nash was 3rd in the walk.

Leinster Success

In the Leinster junior Denis Brophy won his first Leinster title in the long jump while Aran Murphy went over 35 metres to take bronze in the javelin. Aran teamed up with James Moore, Michael Nash and Dylan Byrne to take silver in the 4 x 400m relay and bronze in the 4 x 100m relay in Greystones.

In the pairs competition in Tullamore Amy Brennan and Seoighe English teamed up in the U.10 long jump for 9th place and were desperately unlucky to miss out by less than a second when finishing 4th in the 500 metres. The boys U.10 team of Darragh Kealy and Shane Buggy had a double bronze in the turbo javelin and the 500 metres and rumour has it they are heading off to Donegal for the All-Irelands.

Barry Opens with 2.06m

Barry Pender got his season off the ground when finishing 4th in the big 4 event in Bedford, UK last weekend, clearing 2.06 metres. Hopefully he will put his tough winter programme to the test over the coming weeks.

200 Topped

On a beautiful Summer's evening they came from near and far to see the beautiful countryside for miles and miles around when the 2nd stage of the JFSports Fit4Life league was decided in Rossmore. Quite a few were more interested in racing while a large number were delighted to make it around in their own good time and enjoy the fantastic scenery. In all it was a record turnout out for the league with 210 finishers the previous best being 198 in Graiguecullen 2012. The 3rd stage is in Newtown on Wednesday 12th June at 7.30pm, looking forward to another great evening.