

St Abban's Athletic Club News

22nd August 2012

National League Champions

The curtain came down on the 2012 track and field season in Tullamore on Sunday where the 'Woodies' DIY National league finals were decided. St Abbans were among the favourites for the Division 1 ladies title after some impressive performances in the qualifying rounds. With everyone prepared to do their bit it was a proud captain Ailish Brennan who stepped forward to receive the shield from the President of Athletics Ireland Ciaran O'Cathan when the results were announced.

Alison Miller made her return for the 4 x 400m relay while guest Niamh Quinn did the business in the high jump and on the relay team. Katie Brennan was a game 4th in the 100m in 13:32 and also played her part in the 4 x 100m achieving 2nd. Breda Mulcahy gave it her all to secure 6th place in the 3K while the baby of the team Siobhan Nash secured maximum points in her speciality the 1500m walk. Sinead O'Gorman was at her best securing 3rd in the 400m and running a vital leg on the 4 x 400m. Ailish Brennan secured 3rd and 4th placing's in the 800m and 1500m.

The Daly sisters as usual delivered big time in the throws with Emma securing 2nd in both the javelin and hammer where she reached 39.25m. Shauna delivered 3rd in the discus and a very valuable win in the shot with a throw of 10.32m. The always impressive Saragh Buggy put on a series of excellent performances for 2nd in both the long jump and 100m hurdles and the usual victory in the triple jump where once again she jumped over 12 metres. Nessa Millet was a revelation winning the 400m hurdles impressively, winning the 200m in a new club record time of 25:32 (wind just over the permitted allowance + 4.7) and bringing both relays home in 2nd place, the last leg of the 4 x 400m being something special.

With all the points added we had 7 to spare over City of Derry 103 and St. Abbans 110, with Wexford county 3rd. This massive win indicates that we should hold our own in the Premier division next year. Congratulations all round and enjoy the rest!

Men Secure 5th Place

Competing in the Premier final it was a major task for the men to reach the podium and a top 6 placing was a more realistic goal. This we duly delivered on and with another 2 points would have finished 4th. Barry Regan secured 7th and 6th in the 100m and 200m and demonstrated some real guts and no little talent in running the final leg of the 4 x 400m. Eoghan Buggy, dogged by injury during the Summer, made it back for the final and ran a brilliant race to register 52:26 a new P.B. for the 400m. Stephen Lawlor answered the late call when approached to man the 5K which he duly did. Another in P.B. form was James Griffin recording 10:05:64 for the 3K steeplechase. James Delaney finished 5th in the walk and 4th in the pole vault securing valuable points. Paul Byrne was 5th in the 110m hurdles and 2nd in the 400m hurdles as well as running that memorable leg in the 4 x 400m relay.

The throws saw Tom O'Donoghue, Aidan Kelly and the returned Bernard Graham score good points in the javelin, shot, discus, hammer and 56 lbs. In the jumps Conor Daly was 3rd in the long and 2nd in the triple, while Barry Pender secured one of two wins on the day taking the high jump clearing 2 metres. The other win was secured by team captain Brian Kelly after a gutsy display in the 800m, followed by an equally gutsy performance in the 4 x 400m relay. The 85 points accumulated put us in 5th place, with Clonliffe and Crusaders having a mighty battle for the title, with Clonliffe winning by 2 points.

John Collects a full set

John Territt made his annual trip to the Woodies DIY National Masters in Tullamore and once again came away with a full set of medals. It was gold in the V4 hammer with 29.58m, silver in the shot (10.70m) and the javelin (34.06m), while it was bronze in the 56 lbs for distance. This year he was joined by Martin Buggy who had to retire early after damaging his hamstring.

Daingean 5K

The club was well represented in the Dangean 5K where Colm Burke was 2nd, Kevin Brennan 5th, Cormac Kelly 10th, Colm McEvoy 14th and James Moore 23rd. In the Boston Scientific half marathon held in Clonmel Teresa Agar had a fine run when finishing 2nd lady in a field of over 400 athletes in 47th place in a time of 1:28:14.

League Finishes in Style

A brilliant evening, a fine turnout of 141 finishers and some great performances saw this years Fit4Life Summer League reach a conclusion over the Turra triangle. The overall results saw Sadie Wheatley 5th on 43 points, Sharon Grant 4th on 21 pts., Paula Grant 3rd on 19 pts., Breda Mulcahy 2nd on 16 pts and Teresa Agar 1st on 7 points in the ladies section. In the mens it was James Hamm 5th on 56 pts., Colin Coyne 4th on 30 pts, Jimmy Barcoe 3rd on 38 pts., John Fenlon 2nd on 14 pts and Colm Burke the winner on 10 points. Thanks to everyone who took part and to each area for hosting same. To all the officials that helped out and to the Garda for their much appreciated presence. Our sponsors once again made it a worthwhile venture.

Luggacurren Calling

The 21st running of the Luggacurren 10K will take place on Sunday 9th September with the walkers getting under way at 12.30pm and the race commencing at 1.00pm. As usual a warm reception awaits all who turnout and I'm sure your presence would be much appreciated.