

# St Abban's AC

6<sup>th</sup> July '16

International Selection Congratulations to Ruby Millet, Daena Kealy and Cian Kelly who have been selected on the Irish school's team for the forthcoming International in Kent England. This is a brand new experience for this trio and we wish them the very best and hope they enjoy the experience.

Glohealth National U.23 Championships These championships were decided in Tullamore over the weekend. Our numbers were down somewhat, while the rotten conditions made it tough to compete with several rain showers throughout the day. The jumps appeared to suffer the most. Clare Delaney was 7<sup>th</sup> in the pole vault clearing 2.40, Jamie Pender clocked 11.42 and 23.03 for the 100 and 200. Eoghan Buggy was 5<sup>th</sup> in the 400 in 50.81. Nessa Millet just recovering from injury made a welcome return to take bronze in the 400, with Conor Daly 4<sup>th</sup> in the triple jump and silver medallist with a 3.60 leap in the pole vault. Adding the U.23 crown to her list of achievements for 2016 was Saragh Buggy in the triple jump.

Stephen 4<sup>th</sup> Stephen Lawlor was 4<sup>th</sup> in the St. Coca's 5K road race in 15.32 in Kildare, while Stephen Hunter was 5<sup>th</sup> in the Clonee 10K road race in 33-49 in Meath.

Thomas Dunne leads them home in Moneenroe Well done to all 124 who took part in Stage 5 of the JF Sports / St. Abban's A.C. Fit4Life Summer League held in Moneenroe. Thomas Dunne was first across the line in a time of 12:30, with Mick Kelly 2nd (12:51), Colm Burke 3rd (12:56), and Stephen Hunter 4th (12:57). Colette English was first lady home (15:00) closely followed by Mary Claire Byrne (15:03). Special word of thanks to Breda and team for the excellent refreshments afterwards. Stage 6 takes place in Ballylinan, Wednesday 20th July. All welcome!

Summer Camp Filling Up All those interested in the club's annual summer camp are requested to submit your entry a.s.a.p. as numbers are filling up. Please register before the 15<sup>th</sup> July.