

# **St Abban's Athletic Club News**

10th July 2013

## ***Warm All Round***

The beautiful weather and the red hot competition ensured that the records were being updated at an incredible rate over the two days of the National juvenile Track and Field championships in Tullamore Harriers over the weekend. In one event, the boys U.14 javelin, the championship best performance was broken on no less than 7 times during a fantastic competition.

St Abban's club members responded well to the challenge and performed admirably. Tom Buggy never got out of the traps in the 800m and had to settle for a time of 1:54:32 for the 600m. Cara Maher recorded 1:45:11 when finishing 7th in her 600m. Ruby Millet had a blinder of a race in the heat in her race to win comfortably alas in the final she got left in the blocks and had to settle for 6th in 10:11 seconds. For Lauryn Kealy in her 800m it was 6<sup>th</sup> place also in a time of 2:28:61.

Cian Kelly was 5th in the high jump with a new P.B. of 1.55m and 9th in the javelin. It was a P.B. also for Aran Murphy with 38.23 metres and 5th place in the javelin. Eoghan Buggy ran two excellent 400 metres finishing a close 4th in the final in 50:86 seconds. Daena Kealy cleared 1.48m for the bronze medal in the high jump and ran 2:32:81 for her 800m. The star of the weekend was Nicole Kehoe/Dowling who had 3 metres to spare when she took the discus national title with 31.73 metres, fine throwing and an excellent result. The remainder of the championships will take place in Tullamore on the 20th and 21st July.

## ***World Champ in Moneenroe***

The fantastic weather ensured that the going was tough for the 5th stage of the JFSports Fit4Life Summer League. Thanks to all the backup people who were there with plenty of fruit, drinks, tea and refreshments on a sweltering evening. The league itself saw John Fenlon get the better of Colm Burke over the closing stages of the race, while Teresa Agar kept her 100% record intact coming home 1<sup>st</sup> lady.

Unknown to many the current world champion and Olympic silver medallist over 400m hurdles Lashinda Demus of the USA was among the large crowd who had come along to wish Nessa Millet all the best in her debut in the European Junior Championships commencing next week in Reiti, Italy. Lashinda presented Nessa with her National kit and had several encouraging words for her. The club's recent National U.10 pairs participants Daragh Kealy and Shane Buggy presented Nessa and her mum with a bouquet of flowers, while her clubmates Saragh Buggy and James Delaney presented Nessa with a framed action picture and some much needed cash. Nessa thanked everyone for turning out and looked forward to the new challenge, while she is still recovering from the shock of meeting one of her idols, Lashinda Demus. The next round of the league is scheduled for Ballylinan on Wed the 24th July.

### ***Church Gate Collection***

The club has been granted a permit for its church gate collection for all the local churches. We would appreciate any contribution in these difficult times. Thanks for your generosity.

### ***Summer Camp***

Entries are currently being taken for the club's annual summer camp from the 6th to the 9th August. Application forms are available on the St Abban's AC website or in the clubhouse. Cost €30 per child or €50 for two children.

### ***County Development Events***

The remainder of the county championships along with the development events will take place at the club grounds on Friday 19th July commencing at 6.45pm. This is an ideal opportunity for those that have not won county individual medals. Admission €3 all pay at the gate.