

# St Abban's AC

10<sup>th</sup> Aug'16

Ladies Deliver in Style The GLOHEALTH National League finals were held in Tullamore over the weekend. Our ladies team had qualified for the Premier division and were determined to give a good account of themselves. This they did and from the time club captain number one Saragh Buggy started with a tremendous performance to finish a magnificent 2<sup>nd</sup> just 0.01 of a second behind the winner in a fine time of 15.36 seconds for the 100 hurdles, until the last event where captain number two, Emma Daly also put up a fine performance to take 2<sup>nd</sup> place in the javelin. In between we had all the events covered and a couple to spare with serious points being collected along the way.

When the overall results were announced we had finished a magnificent 2<sup>nd</sup> overall to rank 2<sup>nd</sup> club in the premier division a mere 7 points behind Dundrum South Dublin on a score 94 pts to 101 points. Shauna Daly 100, Nessa Millet 200, Aoife Campion 400, Maebh Maher 800 and high jump, Laura Graham walk, Mary Ann O'Sullivan 1500 all finished 4<sup>th</sup> or 5<sup>th</sup> in their event. Emma Daly was 3<sup>rd</sup> in the hammer as well as 2<sup>nd</sup> in the javelin, Mary Ann O'Sullivan was 3<sup>rd</sup> in the 3,000 Clare Delaney equalled her P.B. in the pole vault finishing 3<sup>rd</sup> clearing 2.60, Nicole Kehoe/Dowling was brilliant finishing 2<sup>nd</sup> in both the shot and the discus to gain precious points. Nessa Millet returned to the 400 hurdles and was a clear winner in 62.36 while Saragh added a double to her 2<sup>nd</sup> place in the short hurdles to emerge with wins in both the long and triple jump with 5.88 and 11.96 With a young squad with proper application we can do the business. Thanks to all the parents, coaches and fellow club members for their support and many congratulations to those that put the ladies team on the rostrum.

Birchfield Boy We loaned one of our European athletes Paul Byrne to Birchfield Harriers for the British League Final on Saturday and he duly delivered finishing 2<sup>nd</sup> in both the 110 hurdles in a new P.B. of 14.93 seconds and the 400 hurdles in 51.7 seconds. Birchfield won both the ladies and men's title. Good stuff Paul.

Ruby & Daena end a magnificent season Ruby Millet and Daena Kealy were part of a very good Irish juvenile team that took part in the Celtic International in Swansea last weekend. Daena cleared 1.61 once again to finish 3<sup>rd</sup> in the high jump while Ruby soared out to 5.64 meters to win the long jump. Winter well ladies and enjoy the break.

Dublin Rock & Roll - Half Marathon, 10K and 5K The club was well represented in Dublin at the Rock & Roll weekend. These included:- Pauline Doyle 31-47 in 5K, Noeleen Condron 32.01, Maire Fleming 61.17 in 10K with Elaine Connolly registering 45.42. The half marathon performances included Carmel Hughes 2-24.25, Carol Brennan 1-58.57, Adrian Brennan 1-57.14, Francis Fleming (Junior) 1-48.14, Lynda Fay 1-45.58 (13<sup>th</sup> O.35), Catriona McDonald 1-42.18 (9<sup>th</sup> O.35), Paul McDonald 1-39.52, Mark Wogan 1-37.58 and Francis Fleming having a fine run for 5<sup>th</sup> O.60 in 1-36.08

Camp a Resounding Success; Good to relay that all the vibes were positive with the feedback re the 15<sup>th</sup> Annual summer camp. Parents and children were happy and all the leaders enjoyed the experience. Many thanks to all those that helped out and to our sponsors SCATS and to CONDRON Motors. Anything you might wish to have included in 2017??

11<sup>th</sup> September Luggacurren 10K is on, so why not include it on your schedule. Eileen Dunne of RTE is the guest to mark the 25<sup>th</sup> running of the event. Looking forward to a good turnout.