

# St Abban's AC

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

Amsterdam a Good Experience Club Members Paul Byrne and Barry Pender while slightly disappointed with their performances in the European Senior Championships, were delighted never the less to achieve the standard and reckon they will benefit enormously from the experience. It was a first time for either to participate at this level. Paul was on for something special as he approached the 9<sup>th</sup> hurdle in 2<sup>nd</sup> place only to experience another break in his stride pattern costing him dearly. Barry opened his high jump with a tentative attempt 2.09 though he appeared to have executed a first time clearance and was off to a good start. Clearing 2.14 also which was an outdoor P.B. for this season demonstrated he was in the right place and his confidence appeared to rise. He had a brilliant third attempt at 2.19 and was very unlucky to see the bar fall when he had most of his body over. That's athletics the slightest error being punished. It was fantastic to see so many Laois supporters present to support the two lads and the Irish team in general.

Ruby Takes long jump title Day 1 of the GLOHEALTH National juvenile championships were decided in Tullamore on Sunday. Caragh Maher slightly under the weather with a cold had to settle for 6<sup>th</sup> place in a time of 2-27.30 for the 800. Nicole Kehoe/Dowling had a fine series of throws in the shot the best being 12.52 meters a mere 10 cms. behind the winner when capturing the silver medal. Well deserved for the commitment and effort put in. Ruby Millet had a full day's activity with all of her three events falling on the same day. She qualified easily for the hurdles final where she finished 5<sup>th</sup> in 12.81 seconds (heat time 12.51), It was bronze in the high jump with 1.50 clearance and she took an excellent gold in the long jump with a leap of 5.64 meters. Congratulations to athletes and coaches on achievements to date.

'B' Championships Make Ivan National champion Saturday saw the All-Ireland 'B' championships decided in Tullamore. Aoife Gallagher was 12<sup>th</sup> in the long jump and 8<sup>th</sup> in the 800 in 2-50.02, With younger sister Maebh 10<sup>th</sup> in the high jump and 24<sup>th</sup> in 600. Jack Fenlon was 6<sup>th</sup> in the 600 in 1-50.93, while Rebecca Fahey was 4<sup>th</sup> in the shot with 6.68 in her first venture at this level. Seoighe English had a busy day and came away with bronze in the high jump with a P.B. of 1.25 meters and a fantastic silver medal in the 600 in a time of 1-48.58 It was left to our last man standing Ivan Jones to deliver and he duly secured the gold with a putt of 9.38 meters in the shot. Good experience all round.

Colette FIRST in Port A number of club members travelled to Portarlinton for the GAA's 5 K run. Among those that made it were Mark Wogan, Margo Dowling, Noeleen Condron, Niall and Colette English with Colette first lady home.

Summer Camp The last round up of those interested in participating in our Annual Summer Camp is under way. If interested please register a.s.a.p. forms available in the clubhouse. Ballylinan is the venue for round 6 of the JFSports Fit4Life league on Wednesday 20<sup>th</sup> July, while the remainder of the National juvenile championships will take place on the 23<sup>rd</sup> and 24<sup>th</sup> July.