

## St Abban's Athletic Club News

16<sup>th</sup> July 2014

### **Claire & Daena Collect silver**

The 1st day of the Glo Health juvenile championships were decided in Tullamore Harriers over the weekend. We had a small representation but those present were in good form and performed admirably. Fionn Maher in his first All-Irelands was 5th in the triple jump U.18 and has the potential to go further. Ruby Millet was 4th in the sprint hurdles just 0.01 of a second behind her friend and rival Sive O'Toole who won the bronze. Ruby made amends in the long jump securing the bronze with her last effort which was measured at 4.88 meters.

Daena Kealy was 4th also in her hurdles final just losing out by 0.03 for bronze. Again she was to come good in her 2nd event and won silver when clearing 1.60 meters in the high jump. Claire Delaney made the trip back from the Gaelteacht in Kerry worthwhile when taking the silver in the pole vault with 2.25 clearance. Thanks to her parents for being so accommodating. It was nice to win 2 silver and a bronze and as usual two 4th placings. Best wishes to all those that have qualified for the All-Irelands on the 26th & 27th July.

### **Records Continue to be Broken**

The Morton stadium was electric on Friday evening last for one of the best track & field meets in a long time. With International stars and the best of the home based athletes performing the crowd responded and created the magnificent atmosphere which in turn saw the athletes turn it on. The men's 400 hurdles was a typical example with the current Irish number ONE athlete Thomas Barr defeating the current World champion in fine style drawing away over the final 2 hurdles. Meanwhile St. Abbans Paul Byrne was having the race of his life to finish 5th and record a new P.B. of 51.29 seconds for a new Laois and club record. Just goes to show with good conditions, support and having worked so hard last winter what can be achieved.

With a number of 800 meters races on the program Cormac and Brian Kelly were put in the 'A' race. Once again Brian was to the fore throughout and when the pace maker dropped out he had to cut his own run and pushing himself to new limits it was also a new club and county record clocking 1-49.78 Cormac was content to run at the back of the field for the first lap but came mightily over the last lap to finish in 5th place in a new P.B. of 1-51.16 A great evening's work all round.

### **Teresa 1st home in Port**

The French festival in Portarlinton hosted a 10K, half Marathon and a marathon on Sunday last. Nine club members decided to test themselves over the half marathon course. Teresa Agar once again showed she was a force to be reckoned with and

crossed the line in 4th place and 1st lady in a time of 1-28.04 Francis Fleming showed he was returning to form after having the 'flu' bug when finishing 9th in 1-33.33. Matthew Moore was 14th in 1-37.30 with Marc Wogan 17th 1-38.30, Mairead Moore was 28th and 3rd lady in 1-44.01. Sean Kelly 43rd in 1-50.34, Carmel Ryan 78th in 1-57.48, Ann Nicholl/Waugh 88th in 2-01.28 and Carol Brennan 94th in 2-04.11 concluded our squad.

### **Activity Camp**

Application forms available in the clubhouse for any primary school children interested in signing up. Now is your chance.

### **Ballylinan Next on the List**

The 6th stage of the JFSports/Fit4Life league rolls into Ballylinan this Wednesday evening with registration from 6.30 for a 7.30 start. This is perhaps the flattest of all the courses and makes for fast times. So if you want to go against the clock this is the one to set the standard.

### **Tullamore Graded Meet**

It was just like olden days when the Harriers resurrected their graded met for one night as a memorial event. The club was represented by Lauryn Kealy in the 400 where she finished 4th while Moira Griffith was 2nd in the 3000. In the men's 100 Eoghan Buggy and Jamie Pender were 4th and 3rd respectively in the 100. Cian Kelly was 3rd in his 800 while Stephen Lawlor was 6th in his 3000 and James Nolan 8th in his 3,000. A nice relaxed competition with huge potential. Thanks to the Harriers for another promotion.