

# St Abban's AC

16<sup>th</sup> Dec'15

## ***Ruby enjoys the experience.***

Competing for the first time in an Irish singlet, Ruby Millet had a wide variety of experiences when she represented Ireland in the Junior ladies schools combined events in Scotland last weekend. Getting off to a brilliant start she got her long jump out to 5.44 meters and clocked an excellent 9.07 seconds for the 60m hurdles, which had her in the top 3 after these two events. She held her own with 9.15m in the shot and a 1.45m clearance in the high jump. Things didn't go so smoothly in the 800m where she came home in 3-02.93, which dropped her down the field to finish in 11<sup>th</sup> place. Never-the-less the performance helped the Irish team to silver just behind the English squad. A good experience all round and hopefully more in the making.

## ***Athlone makes for a nice outing.***

The many virtues that the International Arena in Athlone have was well proven last weekend as we made our way to the venue it was plains and plains of water where ever you looked. Maybe were getting soft but inside was definitely the place to be. The club had a fine turnout and helped Laois to finish in 2<sup>nd</sup> place behind Kildare in the 4 county match for U.14, 15 & 17. It was a good experience all round. Those playing big parts included:- David McDonald, T.J. Burke, Ciara Harrington, Sarah Graham, Aoife Gallagher, Rebecca Fenlon, Orla Kelly, Caragh Maher, Tom Buggy, Matthew Rossiter, Keelan Mulhall, Cian Kelly, Declan Roberts and Meabh Maher.

## ***Nenagh welcome youngsters***

On Sunday it was down to Nenagh for the younger brigade, where they were warmly welcomed by Denis Finnerty and his crew. With some nice drills introduced in the warm up everyone had a go at the sprints, middle distance and jumps while we finished off with relays. Among those that enjoyed the experience were Eabha Kehoe, Aisling & Eoin Cawley, Ben Reid, Luke Kehoe, Sean & Fionn O'Sullivan, Katie McGrath and Jack Fenlon.

## ***Happy Christmas***

It's that time again and all in the club are wished a joyful and happy Christmas. Best wishes to all our members, supporters and friends and hopefully 2016 will be good for all.

## ***Membership***

Why not start the new year in style by looing after your annual membership fee. Application forms are available in the clubhouse. Club A.G.M. is on the 11<sup>th</sup> January in the clubhouse. It would be nice to see a good turnout – all are welcome, members, parents and supporters.

***New Members***

Now is the ideal time to come along and get involved in the happenings in the club. If your interest is not being catered for why not come along and let any club coach know and we will do our best to accommodate you.

***St. Stephens Day***

The clubs annual road races get under way at 11.30 on St. Stephens day with the boys u.14 and the ladies doing 1 lap of the Turra triangle and the mens event over 3 laps. Please report by 11.15 entry €3 and €5. Thanks for your support.