

# St Abban's Athletic Club News

17th July 2013

## ***Fantastic Team Performance***

With almost a full turnout and everyone willing to play their part it was a brilliant outcome for St Abban's club achieving a comfortable qualification for the Premier Division league final in Tullamore on the 18th August. Covering 20 of the 21 events with 17 to score the young members on the team benefited enormously from those that have made the league the highlight of their season.

Brandon Fennelly was 5th in the hammer and 4th in the discus, with Barry Regan 5th in both the 100m and 200m and an excellent start for the 4 x 100m squad that finished 3rd in 45.56. Liam Kelly was 5th in the javelin with 34.56m with Stephen Lawlor 6th in the 5000m. Denis Brophy was part of the 4 x 100m squad. James Delaney clocked up 17-03.79 when finishing 3rd in the walk with Colin Byrne in a similar position clearing 3.10m in the pole vault. Our guest competitor Seamus Fitzpatrick was 4th in the shot and 2nd in the 56lbs with a throw of 7.38m. Eoghan Buggy was in P.B. form once again when he nailed down 3rd spot in the 400m in 50.67 and played a big part on both relays, it was also P.B. material from Cormac Kelly with a fantastic 2nd place in the 1500m in 4-00.42 (just outside the 4 minutes).

Eoin Kelly turned in a five star performance taking 2nd in the 110m hurdles in 15.88, 2nd in the triple jump with 14.26m and 3rd in the long jump with 6.50m adding to this two fantastic legs on both the 4 x 100m and a winning 4 x 400m, he will need some time to recover. Paul Byrne was one of our individual winners taking the 400m hurdles in style in 53.03 as did Brian Kelly taking the 800m crown in 1-58.31. Both played a huge part on the 4 x 400m relay which ensured the 3rd victory of the day in a new club record of 3-24.59. When the points were totted up we had 109 to add to our 98.5 from day 1 and 4th place overall. While it is a big ask to feature in the top 3 just yet, if things fall into place sure we can have a real go at it.

Emma Daly set a new club record of 43.26m in the ladies hammer when finishing in 3rd place.

## ***Places filling up***

The 12th Annual St Abban's Activity Camp from the 6th to 9th August is currently filling up with a wide interest. Several parents are enrolling children and anyone interested is requested to fill in form from the St Abban's website, the clubhouse or contact Liam at 086-8138107 for more information.

## ***Ballylinan Ready for the OFF***

Round 6 in the JFSports Fit4Life Summer League is scheduled for Ballylinan next Wednesday 24th July. All are welcome to one of the 4km flatter courses with registration from 6.30pm.

## ***J. K. Malone & County Championships***

The J.K. Malone trophy team competition takes place at St Abban's AC track this Friday evening 26th July commencing at 6.45pm. It's the final track and field event of the year for many of the juvenile athletes and again all are welcome.