

19th July'17

A busy week of events.

Well done to Ruby Millet who was 2nd in the LJ with a leap of 5.92m at the SIAB schools international on Saturday last. Ruby is showing great form ahead of the European youth Olympics 23rd – 30th July.

On day 3 of the National Juvenile T + F championships we had three athletes competing and each brought home a medal. Daena Kealy continued here consistent form in placing 2nd the girls u18 HJ with a jump of 1.68m, Nicole Kehoe Dowling went in the girls u19 shot and finished 3rd with a throw of 10.80m and Cian Kelly ran a tactical 1500m to finish 3rd in the u18 boys race in 4.07.

Well done to everyone that took part in the National 'B' Track & Field events in a lovely sunny Tullamore. We had 9 athletes competing and some superb podium finishes; Seoighe English (2nd in 800m, 3rd in High Jump), TJ Burke (3rd in High Jump) and Oisin Hooney (1st in 800m).

Across the pond, Saragh Buggy jumped for in the British athletics league in Manchester, winning the triple jump with a leap of 12.66. Paul Byrne also involved in the British athletics league in Bedford ran 51.76 for 2nd place.

Well done all the St. Abban's athletes that took part in Programme 3 of the Summer League in Portlaoise last night. A special thank you to Portlaoise AC for hosting a great event, it was thoroughly enjoyed by everyone that took part!

Dates for the Diary

The St. Abban's AC parish 10k takes place the 27th August, registration in the clubhouse from 11.45am. Tech T-shirts for the first 200 entries. There's also the option of a 2x5k relay, u16 2k and u12 1k. Walkers and Joggers are welcome.

Places are starting to fill up quickly for this year's St. Abban's Summer Camp which will be held at the track from the 8th to the 11th August. Sign up forms are available at the clubhouse.