

# St Abban's AC

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

Schools International a great success The schools SIAB were held over the weekend in Kent where the entire Irish crew put in a fine performance to finish 2<sup>nd</sup> in both the girls, boys and overall behind a strong English team. Cian Kelly representing Knockbeg in the 3000 finished 8<sup>th</sup> in 9-28.89 picking up some blisters on the way. Ruby Millet despite having some difficulty with her mark jumped 5.47 in the long jump while representing Kilkenny College. Our 3<sup>rd</sup> representative on the team was Daena Kealy representing Borris Vocational school and cleared 1.64 meters for 3<sup>rd</sup> place in the high jump. Congratulations on your performance and great to see the Irish singlet being worn proudly.

Men miss out – Ladies qualify Round 2 of the National league saw us travel to Cork on Sunday. It was always going to be a big task for our men's team to qualify after our poor turnout for round 1. Again we were short the strong middle distance section of the club and picking up a couple of injuries didn't help. Having said that it was great to see Barry Pender and Paul Byrne in the club colours and giving it everything in our quest for points. Conor Daly showed he is starting to fulfil his promise with wins in the Triple Jump 13.44 and the pole vault with a 3.80 clearance. Jamie Pender was 6<sup>th</sup> in both the 100 and 200, James Moore was 6<sup>th</sup> in the 800 in 2-02.82. John Fenlon was 5<sup>th</sup> in the 1500 with Eoin Kelly 5<sup>th</sup> in both the shot and the 56 lbs for distance. Aidan Kelly was 4<sup>th</sup> in the hammer and 3<sup>rd</sup> in the discus and Tom O'Donoghue 4<sup>th</sup> in the javelin.

The 4 x 100 were 3<sup>rd</sup> in a fine time of 44.15 seconds. At the end of the day our points total was 92 giving us a grand total of 174 points from the two days and 10<sup>th</sup> place just 6 points short of making the final. The ladies were in 4<sup>th</sup> place after round 1 with 99 points and experimented a little in round 2. Nessa Millet returned to competition and had a fine run to record a P.B. of 56.74 when winning the 400, she was 3<sup>rd</sup> in the 200 in 26.07. Maebh Maher had her best race to date when finishing 4<sup>th</sup> in the 800 in 2-26.47. Clare Delaney was 2<sup>nd</sup> in the pole vault and scored in the high jump. Laura Graham was 4<sup>th</sup> in the 400 hurdles and 6<sup>th</sup> in the triple jump. Saragh Buggy was 2<sup>nd</sup> in the long jump. Nicole Kehoe/Dowling was 2<sup>nd</sup> in the shot and 4<sup>th</sup> in the discus. Emma Daly was 5<sup>th</sup> in the hammer and 3<sup>rd</sup> in the javelin. Shauna Daly covered the 100 while we were 4<sup>th</sup> in the 4 x 400 relay and 2<sup>nd</sup> in the 4 x 100 scoring 80 points for a grand total of 180 points and a safe passage to the final. So it's all down to everyone playing a part on the 7<sup>th</sup> August in Tullamore for the Premier Division title.

Church Gate Collection Many thanks to everyone who donated to the club's church gate collection. It is much appreciated and special thanks to those that manned the collection boxed.

Newcomers Welcome It's that time of year where anyone interested in being involved over the Winter should start dusting down the gear and be getting ready. Why not call to the clubhouse and have a chat as to what you wish to achieve over the coming year. New members are always welcome.

Round 6 of the Fit4Life League took place in very clammy conditions in Ballylinan on Wednesday evening making it difficult for everyone. The men's event saw a sprint to the line with Mick Kelly just holding off Stephen Hunter and round 5 winner Tom Dunne. The ladies was also a close affair with

Mary Clare Byrne just getting the better of Maebh Maher with Rebecca Fenlon 3<sup>rd</sup>. A total of 98 finishers with round 7 fixed for St. Fiacc's, Graiguecullen on Wednesday 3<sup>rd</sup> August. Many thanks to everyone that helped out especially Breda for all the work put in.