

23<sup>rd</sup> Aug'17

### **Ladies Team win National Title.**

Over the weekend our ladies team produced some excellent performances to set club history in winning the premier division of the National League in Tullamore. This is a triumph in the making the past couple of season especially with the 2<sup>nd</sup> place finish last year. The ladies amassed a point total of 117, with Dundrum South Dublin in 2<sup>nd</sup> place with 103. Both co captains lead by example on the day, Saragh Buggy had a busy day taking full points in all the events she was involved in with a run of 15.05 in the 100mh, a jump of 5.55m in the long jump, with a leap of 12.17m in the triple jump and in 4x100m relay with Nessa Millet, Daena Kealy and Ruby Millet. Co captain Emma Daly took 3<sup>rd</sup> in the javelin and in the hammer.

All together we won 8 events on the day, Saragh buggy in the LJ, TJ and 100mh, Nessa Millet in the 400mh, Ruby Millet in the 100m, Daena Kealy in the HJ, Nicole Kehoe Dowling in the Discus. The ladies finished 2<sup>nd</sup> and took 7 point each in the 800m and 1500m both by Cheryl Nolan and Nicole in the Shot. There was also 6 3<sup>rd</sup> place finishes for 6 point each in the Walk by Siobhan Nash, the 400m by Nessa Millet, the 200m by Ruby Millet, the hammer and Javelin by Emma Daly and in the pole Vault by Claire Delaney. Sinead Kelly finished in 7<sup>th</sup> in a competitive 3k and the ladies 4x400m relay team made up of Nessa Millet, Lauryn Kealy, Ruby Miller and Cheryl Nolan finished off the day with a 5<sup>th</sup> place finish. Thanks to all the parents, coaches and fellow club members for their support and many congratulations to the athletes.

### **JF Sports Fit 4 Life League**

The final stage of the fit4life league took place on the local Turra Circuit over the weekend. Well done to the prize winners and special thank you to Jason Farrell of JF SPORTS Carlow for his continued sponsorship of the event. Full Results can be found on our website <http://stabbans.itcarlow.ie/fit4life.html>.