

# **St Abban's Athletic Club News**

26<sup>th</sup> June 2013

## ***Welsh Champ***

Having achieved the 'B' standard in the 400m hurdles for the European Junior championships the onus was on Nessa Millet to repeat this so it was off to Swansea for the Welsh Junior championships. Once again the prevailing weather conditions were not conducive to top class performances with a very strong wind in the home straight. This did not deter Nessa from having a go and striding away from her opponents it was all about the clock and the wind down to the finish. A very happy champion with 61.21 seconds meant the trip was well worth it and should see her being ratified next week when the Irish team is announced for the European juniors in Rieti, Italy.

## ***Wolfhill Delight***

Blessed with another beautiful evening for the Fit4Life league and a fantastic crowd we had several P.B.'s, many keen duels along with several friendships and some mighty banter making the tough course in Wolfhill a significant must for all the fit4life enthusiasts. Thanks to JFSports for sponsorship of the league and special thanks to the Leech family for looking after us so well on the evening and to all 184 for making it such an enjoyable event. The 5th stage is scheduled for Moneenroe on Wed the 10th July where no doubt Breda and her team will have a big welcome for everyone walker, jogger or those that want to race.

## ***Community Games***

Congratulations to all those that took part in the Laois and Carlow community games over the weekend, especially well done to those that qualified for the National finals in Athlone. The Laois event was hosted on the club grounds and thanks to Ben and the team for having everything in order.

## ***European Team Championships***

A big number from the club travelled to the Morton stadium over the weekend for possibly the biggest athletic event ever hosted in Ireland. Ireland with a relatively young team, finished a fine 7th overall (our highest placing to date in this competition) to ensure that we stay in the 1st Division next year. Despite the poor weather conditions with a very strong wind reading over 8 metres/second at times and plenty of rain some world class performances were registered.

## ***Activity Camp***

Scheduled for the track from the 6th to the 9th August the club's Annual activity camp will no doubt attract plenty of interested participants. Entry forms are currently available on the club website or in the clubhouse and the fee is €30. The camp is open to all Primary school children.