

# St Abban's AC

27th July '16

*Celtic International Selection* Many congratulations to Daena Kealy and Ruby Millet on being selected on the Irish team for the forthcoming Celtic International in Swansea, Wales on Saturday 6<sup>th</sup> August. Daena in the high jump and Ruby in the long jump. The two ladies have had a fantastic season both indoors and outdoors having recently represented Ireland in the schools International. Coached by Michael Kelly they are fully committed to the sport and are fully supported from at home.

*National Juveniles Conclude* The curtain came down on the GLOHEALTH National juvenile championships day 2 and day 3 in Tullamore over the weekend. We had 12 athletes qualified which was no mean achievement with everyone competing admirably. Josh McDonald was unlucky not to qualify for the 80 final (missed out by 0.03 second) running a P.B. of 10.58 seconds, Jamie Pender was 5<sup>th</sup> in the 100 clocking 11.60 seconds, Lauryn Kealy ran 64.19 seconds when finishing 6<sup>th</sup> in the 400, Laura Graham was 6<sup>th</sup> in the triple jump and 8<sup>th</sup> in the 400 hurdles with a new P.B. of 71.75 seconds. Clare Delaney was 4<sup>th</sup> in the P.V. with a 2.40 clearance. Matthew Rossiter was 7<sup>th</sup> in the triple jump and 4<sup>th</sup> in the P.V. with a new P.B. of 3.40 meters. Gerard Kelly was 4<sup>th</sup> in the hammer posting a new P.B. of 38.17 meters. Coady Tunstead was in P.B. form also recording 12.06 for 5<sup>th</sup> in the shot.

Sarah Graham collected her first National medal with a fine throw 29.07 and a new P.B. to take silver in the discus. It was bronze for David Baldwin in the triple jump with a new P.B. of 11.86 and it was bronze also for Cian Kelly in the 3000 in a time of 9-21.28 while Daena Kealy equalled her P.B. of 1.70 meters in the high jump to take silver. Congratulations all round to athletes, coaches, administrators and parents for making it another special year for our juveniles. Enjoy your 6 weeks holidays.

*Paul Runs Sub 51 again* The Morton International games were held in Santry last Friday and in a top class field that featured a number of finalists from the recent European championships and further afield Paul Byrne had a fine run to finish 6<sup>th</sup> and record 50.81 seconds for the 400 hurdles. In the Dublin graded meet Craig Coffey was 2<sup>nd</sup> in the H.J., clearing 1.70 while Nessa Millet won the 200.

*Date for YOUR Diary* The 11<sup>th</sup> September is a special day in Luggacurren when the 25<sup>th</sup> running of the parish 10K will take place. With a reputation for being a tough course it always brings out plenty of walkers to see how their fitness is going. Why not come along and support them on this special day walk, jog or run.

*Church Gate Collection* Many thanks to everyone that contributed to our recent church gate collection, it is much appreciated. Special thanks to those that manned the gates and made it all worth while.

Fit4Life The Fit4Life sessions are going ahead as usual on Mondays and Wednesdays at the track from 7.30 while Pilates for beginners are on Monday evening and for the more advanced on Thursday evening commencing 8.00 An ideal workout for those interested in getting fit.