

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

28<sup>th</sup> May 2014

### **Conor scores in the AAI Games**

Some top performances were recorded in the AAI games held in the Morton Stadium, Santry last weekend. The Daly family kept the St. Abban's flag flying with Emma 5th in the hammer with 41.75m, Shauna 4th in the shot with 10.46m and Conor winning the triple jump with 13.34m. Katie Brennan had a P.B. of 27.01 for the 200m while she clocked 13.08 for the 100m.

### **Aoife goes sub 58**

The Leinster Juvenile relays and the Junior championships were decided in Greystones on Saturday. Kevin Wilson was again over 1.75m for silver in the high jump. James Moore ran 4-08.58 for the 1500m and the bronze medal. Aran Murphy was 4th in the javelin and ran 2-03.50 for the silver medal in the 800m. Lauryn Kealy was the bronze medalist in the 400m in a time of 62.36 seconds. Aoife Campion was a convincing winner of the 400m and broke 48 seconds for the 1st time when clocking 57.99 seconds.

### **Small Turnout in Tullamore**

The 2nd day of the Laois Credit Unions county championships were decided for the first time in the Tullamore Harriers Sports complex on Sunday. Our numbers were scarce never-the-less those that travelled acquitted themselves well. Thanks to parents for supporting the event. Our gold medalists included:- Ruby Millet, Jamie Pender, David McDonald, Orla Davis, Cian Kelly, Shane Buggy, T.J. Burke, Tom Buggy, Sean Territt and the G.U.17, B.U.17 & 19 relay teams. Silver and bronze medalists included:- B.U.11 relay, Ciaran Ramsbottom, John Territt, Liz Brophy, Eanna Ryan, Niall Egan, Oisin Ryan, Evan Dowling, Aoibhinn McDonald, Cara Maher, Maeve Maher, Sean O'Driscoll, Danielle O'Driscoll, Audrey Byrne. At the end of the day we had just garnered enough points to retain the J.K. Malone trophy on a score 96 points for Portlaoise to 122 points for St. Abban's AC. Congratulations to those that turned out and did the business.

### **3rd August**

Please enter in your diary and commit to the club. The National League finals will take place in Tullamore and hopefully we will have both a men's and women's team participating. We are also going to hold our Bar-B-Que in the club grounds on that evening and would love to see large turnout for same on the 3rd August. Any ideas for the evening welcome.

### **Club Camp**

Our 13th Annual Activity camp will take place as usual from the 5th to the 8th August. It is open to all Primary school children. It is excellent value at €30 per child and €50 for two children. Application forms are available in the clubhouse or to download from the club website, so why not call and sign up.

### **Best Wishes**

Best wishes to all those sitting examinations at the moment or putting the final touches to the preparation for same. We in the club wish all the very best and know that those that have put in the effort will reap the rewards. Just as in sport you only get out what you put in, but you still have to give it your best shot. Best wishes to all concerned.

### **195 Finishers**

The 2nd stage of the JF Sports Fit4Life league took place on a beautiful evening in Rossmore. With the hill looking it's best and the countryside and towns radiant in the brilliant sunshine not many came to view the sights. A fine field of 195 finishers completed the out and back 4K circuit. Teresa Agar and Colm Burke were the respective winners. Round 3 will take place in Newtown on the 11th June. Registration from 6.15pm