

# St Abban's AC

29<sup>th</sup> June '16

Saragh National Champion The GLOHEALTH National Senior championships were decided in the Morton Stadium Santry over the weekend. The club was well represented with 9 athletes and came away with 1 gold, 2 silver and a bronze. Jamie Pender clocked 11.44 for the 100 and 22.96 for the 200. Eoghan Buggy registered 11.67 for the 100 and 50.82 for the 400. Emma Daly was 14<sup>th</sup> in the hammer with a throw of 35.06 meters. John Fenlon clocked 4-10.76 in his heat in the 1500, Conor Daly was 5<sup>th</sup> in the triple jump with 13.39 and 5<sup>th</sup> in the pole vault with a new P.B. of 3.80 Paul Byrne was a revelation up to the 8<sup>th</sup> hurdle in the 400 hurdles, where he was in the lead with the defending champion and National record holder Thomas Barr under pressure. Alas Paul clipped the 9<sup>th</sup> barrier, losing his momentum and came home in 4<sup>th</sup> place.

Barry Pender once again suffered from the wet conditions and never looked confident on the slippery ground had to settle for the silver, with 2.05 clearance in the high jump. Cormac Kelly qualified easily from his heat in the 1500. The pedestrain pace over the first two laps in the final suited him fine, and he made his way to the front of the chasing pack passing through the bell. Loosing his place down the back straight he came strongly over the final 150 meters to earn a well deserved bronze. A happy BUACHALL. Our outstanding athlete at the moment Saragh Buggy continued to impress with a 12.97 opening triple jump and almost a meter victory to take the triple jump crown. She came back for more on the Sunday and improved her P.B. to take silver in the long jump with a leap of 5.84 meters. Another successful championships at All-Ireland senior level.

Tailteann Success The club had 4 athletes representing 3 schools on the Leinster team for the Interprovincial championships and they all performed exceptionally. Gerard Kelly (Knockbeg) sent the hammer out to 37.17 meters for a new P.B. Ruby Millet (Kilkenny College) went out to 5.35 in the long jump for 3<sup>rd</sup> place and in a high quality high jump her 1.65 clearance placed her 5<sup>th</sup>. Her club mate Daena Kealy (Borris Vocational) struck all the right notes with a big P.B. and 2<sup>nd</sup> place with a 1.70 clearance in the high jump. This moves Daena to the top of the ladder in the club rankings. Cian Kelly (Knockbeg) displayed plenty of know how and common sense when he controlled a fine run to come home an easy winner in the 3000. Great stuff.

Good Send Off A great number turned out for the club barbecue and presentation to Barry Pender and Paul Byrne to honour their selection for the European senior championships. While both of them have been selected at juvenile and junior level previously this is a first time at senior level and it is the first time for the club to have two athletes selected. All in the club and the surrounding area wish them well. Thanks to everyone who turned out to give them a fine send off.

Waterford Half Marathon The club fielded a team in the Waterford half marathon and finished 10<sup>th</sup> team. Michael O'Connor made a welcome return finishing 122<sup>nd</sup> in 1-39.53, with Mark Wogan 220<sup>th</sup> in 1-48.08, Adrian Brennan was 240<sup>th</sup> in 1-49.18 with Anthony Brennan 351<sup>st</sup> in 1-55.36. We had two ladies doing the trip in Sharon Buggy and Pauline Doyle.

Cork the Venue All roads lead to Cork for round 2 of the National league. The ladies are in a good position and should qualify. The men face an uphill challenge and need to pull out all the stops to make the Premier League Final.

Summer Camp Places are filling up rapidly for this year's Summer Camp which will be held at the track from the 2<sup>nd</sup> to the 5<sup>th</sup> August. Application forms available from the club house.