

# St Abban's Athletic Club News

30th July 2014

## **Glo Health National Track & Field**

It was a special weekend for 12 of our juvenile members as they performed on the National stage in the All-Ireland championships, with each of them giving it their best. Day 3 and 4 of the All-Ireland drew big crowds to Tullamore and saw representation and participation from all over the island.

Orla Davis had qualified for two events and acquitted herself well finishing 8th in the 800m in 2-36.70 and 10th in her new event the high jump with a 1.35m clearance. Tom Buggy was 8th in both of his events clocking 2-21 in the 800m and getting the shot out to 11.75 meters. Cara Maher ran a brave race for 10th in the 1500m. Gerard Kelly was in P.B. form finishing 6th in the hammer with a throw of 25.42m, Elizabeth Brophy went over 31 meters for the first time when finishing 6th in the hammer. Kevin Wilson had to settle for 5th in the high jump with a 1.75m clearance, while Aran Murphy was 6th in his 800m in a time of 2-03.65.

Daena Kealy added bronze to her silver in the high jump of the previous weekend in the 250m hurdles. Nicole Kehoe/Dowling was 4th in the discus and collected bronze with a fine throw of 10.76m in the shot.

Lauryn Kealy had two fine runs in her heat and final to take the silver in the 400m in a time of 60.23 seconds. It was silver also for her teammate Aoife Campion in her 400 meters clocking sub 65 in her heat and running 57.61 for a P.B. in the final. Our collection was completed when Cian Kelly had an excellent run and a big P.B. of 4-21.14 to take the silver in the 1500m. While the big G eluded us we had much to be proud about and congratulations to all that wore the singlet with pride.

## **Cork Graded Meet**

With the Track & Field season drawing to a close, some of the lads headed off to the 'Real Capitol' to see how things were done. By all accounts they performed well and were invited back for 2015. Stephen Lawler, James Nolan, Cormac Kelly, Danny Lawler and Brian Kelly were to the fore.

## **Cloneen Run**

Philip Roche and Breda Mulcahy were 1st male and female respectively in the Cloneen promotion last Sunday with several other club members along to support the event.

## **Break on the Track**

All athletes U.12 are requested to take things easy for the next month or so as we will have no training on the track. For those over age 12 are requested to familiarize themselves with a new event or two and acquire the basics. Training for all will resume on the 26th August. Why not enjoy the holidays and come back raring to go with a few of your friends.

## **Activity Camp**

Last round up for the St Abban's Activity camp. Application forms available in the clubhouse or can be down loaded from website. Enjoy the occasion.

**Graiguecullen all set**

Round 7 of the JFSportsFit4Life league takes place this Wednesday commencing at 7.30pm with St. Fiacc's house being the headquarters. The final stage has been switched to Friday 22nd August at the clubs grounds in Monavea - complete the 2014 league in style!