

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

31<sup>st</sup> July 2013

## **Nessa Enjoys Italian Experience**

Nessa Millet made the most of her selection for the European Junior Championships in the 400m hurdles turning in two fantastic performances. Drawn in heat 1 in lane 2 it was a difficult task from the off. Never-the-less it was a determined young lady that set about tackling the 10 hurdles and with a fully committed run she sped round the track to record 5th place and a new P.B. of 59.69 seconds. It was a nail biting experience waiting for the remaining heats to be run to see if she had qualified for the semi-finals. This she did and it was preparation for the big one on the next day. It was an afternoon run and so the heat was considerably greater. As a fastest loser she was drawn in lane 1 in the 2nd semi-final and giving it everything it was 7th place in another sub 60 effort recording 59.90 seconds. It was a very happy lady that made her exit from the championships in Rieti, Italy and sowed the seeds for greater things in the future.

## **Siobhan Takes Silver**

The 2nd weekend of the Woodies DIY National Juvenile championships in Tullamore saw Liz Brophy finish 7th in the hammer with 29.06m while it was 4th for Nicole Kehoe/Dowling with 29.21m in the javelin. Competing in her last juvenile event Siobhan Nash took silver in the girls U.19 3K walk in 16:10:35 a very satisfying feeling as she makes her entrance into junior and senior competition.

## **Round 7 of the League in Graiguecullen**

Thanks to all who turned out in the JFSports Fit4Life league in Ballylinan where Colm Burke and Teresa Agar emerged victorious once again from a field of 142. Round 7 is scheduled for Graiguecullen this Wednesday 7th August with registration from 6.20pm in St. Fiacc's house. All walkers, joggers and runners are welcome.

## **Development Events at the County Championships**

Many congratulations to all those who turned out for the Laois County Development events held at St Abban's AC track. It was good to see some new faces and plenty of parent support. Among those to feature were:- Audrey Byrne, Sam Dowling, Farrell O'Reilly, Dean Malone, Niall Egan, Gerard Kelly, Aoibhinn McDonald, Dara Kelly, Orla Kelly, Eanna Ryan, Brian O'Sullivan and Orla Davis. Those to score among the senior group included:- Conor Daly, James Delaney, Eoin Kelly, Emma Daly, Maire Griffiths, Niamh Moore, Lauryn Kealy and Stephen Lawlor.

## **Season Best**

Paul Byrne had a fine run when finishing 4th in the 400m hurdles in the Billy Morton International evening in Santry recording a season best of 52.85.

## **Camp Numbers Filling Up**

The 12th Annual St Abban's AC Summer Camp is currently in progress with good numbers taking part. Many thanks to our sponsors and the club members for taking it on board and making sure all goes well. Hope everyone has an enjoyable experience and several new friends are made.

## **National Seniors A Great Success**

The 'Woodies' DIY National Senior championships once again saw club members mix it with the cream of the country and emerge with several noteworthy performances. Brian Kelly recorded a season's best in his heat of the 800m to qualify in 2nd place in 1-51.81 for the final. Alas in the final he ran out of gas in the back straight and came home tailed off. Eoghan Buggy ran sub 51 seconds again finishing 4th in his heat in the 400m. Emma Daly set a new club record of 44.49 metres when finishing 6th in the hammer.

Saragh Buggy was in excellent form going out to 11.77m in round 1 and 11.82m in round 2 for bronze in the triple jump. Alas a massive shower put paid to increasing her distance. Eoin Kelly was in good form also taking the silver with 14.52m in the men's triple jump. Barry Pender once again underlined his class taking gold in the high jump with a 2.05 metre clearance, having cleared 2.12m during the week.

Nessa Millet ensured her final race of the season in the 400m hurdles would be one to remember. Starting steadily in lane 3 she moved up a gear around the half way mark and came home flying over the last 4 hurdles to finish a very close 3rd and a new Irish Junior Record for the 400m hurdles in 59.00 seconds. The previous holder of the record was Fiona Norwood of Kilkenny City Harriers set 16 years ago. Many congratulations to athletes and coaches on another excellent track and field season for the club.