

# St Abban's Athletic Club News

5<sup>th</sup> June 2013

## ***Nessa and Saragh Exit at the Top***

The Aviva All-Ireland Schools championships were held in glorious conditions in the excellent facilities in Tullamore Harriers on Saturday last where no less than 11 new Championship Best Performances were recorded, suffice to say the competition was red hot. Never-the-less our athletes as usual rose to the occasion and when the dust had settled they came away with 2 gold and 4 silver medals. Congratulations all.

Mikayla Kelly and Elizabeth Brophy will have benefited from the experience of competing at their first school's championships. Conor Daly competing in his last schools competition and had a mishap in warming up and had to watch from the stand, a most unsatisfactory outcome on what has been an excellent school's competition over the past 5 years, the galling fact being that his Leinster performance would have seen him on the podium easily. Such are the breaks in sport.

Claire Delaney participating for the first time at this level was a very happy young lady when she nailed down the silver medal in the Pole Vault while representing St. Leo's college. Her school companion Nicole Kehoe/Dowling was 4th in the javelin and succeeded in taking silver in the discus with some excellent throwing. Siobhan Nash on the under hand, in her last outing in a Heywood College singlet, came away with another silver medal from the 3K walk competition.

Saragh Buggy Castlecomer College indicated she was in good shape when clearing 5.39 metres in the long jump (the same distance as the winner) for silver and then proceeded to defend her triple jump title with ease for a fantastic exit from her school days. Following her to the top of the podium and representing Kilkenny College for the last time Nessa Millet made light work of defending her title over the 400m hurdles and came away an easy winner.

## ***Emma and Eoin represent the Irish University***

Emma Daly and Eoin Kelly were selected on the Irish University team for the Celtic International clash with their Scottish counterparts. The competition, held in the Tallaght stadium, saw Emma finish a close 4th with a new P.B. of 35.91 metres in the javelin. Eoin was 2nd in the triple jump with a 14.50m performance.

## ***Leinster Championships***

Several St Abban's club members made it to the rostrum when the Leinster U.23, senior and master championships were decided in Tullamore on Sunday last. Cormac Kelly was in new territory taking the 800m title in 2-02.21 while it was silver in the 1500m. Emma Daly got the hammer out to 39.92 metres while her team mate with 33.65m Brandon Fennelly made it a golden start in the U.23 hammer. Eoghan Buggy broke 51 seconds when winning the 400m and Nessa Millet ran 61.98 seconds when taking the 400m hurdles crown.

### ***Cork Marathon***

Patrick Marshall cycled to Cork on Sunday and ran just over 3 hours and 4 minutes for the marathon on Monday, with his brother Cornelius (a former club member) in the St. Finbarr's colours was 10th across the line in an excellent time of 2 hours 43 minutes and 23 seconds.

### ***Other Events at the weekend***

Meanwhile in the Flora women's mini marathon in Dublin Teresa Agar underlined her current excellent form finishing in 29th place from an entry of 40,000, in 40 minutes and 52 seconds for the 10K.

In the Ballon Open Sports also on Monday we had 4 representatives where several P.B's and 12 medals were achieved by Tom Buggy, Orla Davis, Ruby Millet and Cian Kelly.

Paul Byrne was 7th clocking 53.19 seconds in the IFAM International meet in Oordegen, Belgium, over 400m hurdles.

### ***Round 3 in Newtown***

The 3rd stage of the JFSports/Fit4Life Summer League will take place this Wednesday evening over the Newtown/Fairymount/Doonane circuit finishing in the Terrace after 4K. Registration in the Vocational school from 6.30pm please report on time. Among those drawn for spot prizes in stage 2 held in Rossmore were:- Tommy Payne (Tinryland), James Hamm (Ballyroan), Teresa Agar (Coon), Seamus Conroy (Portlaoise), John Hogan (St. Fiacc's), Lynda Fay (St. Fiacc's), Alison O'Reilly (Newtown), Philomena Donoghue (Clogh), Amanda Brennan (Rossmore), Mary Dowling (Portlaoise) and Maria Behan (Tolerton).

### ***Laois Primary Schools***

The Laois Primary schools competition will take place on Wed 12<sup>th</sup> at the track commencing at 10.15am, while the Annual Pat Fitzgerald programme will take place in Portarlinton on Wednesday 19th June with events for juveniles and seniors.

### ***Start of Exams***

Best wishes to all our club members currently sitting the Junior and the Leaving Certificate Examinations.

### ***St Abban's AC Activity Camp***

The 12th Annual St Abban's club Activity Camp will take place in the club grounds on the 6th to 9th August. Registration forms are currently in circulation or may be collected from the clubhouse or downloaded from St Abban's AC webiste. Excellent value at just €30 per child, open to all Primary School Children.