

RESULTS: The Munster U14-U15 & U9-U11 Girls Team was down for decision last weekend and the competition was very tough indeed. Medals were hard to come by but we had strong showing by our athletes with new PB all over. Our only individual medalist of the day was Cathal O'Reilly claiming silver in the U14 walk in a time of 13.33.31. He was ran the 800m in a time of 2.39.76. Our only medalists of the day were our U11 girls who won silver in the 4x100m relay in a time of 64.35. The team of Rachel Ryan, Meabh Pierce, Emma Godley and Orla O'Reilly ran a fantastic race showing great gusto to take 2nd spot. Orla and Emma teamed up the sprint to come fifth in the sprint and seventh in the Long Jump. We also had a number of finalists of the day who were just outside the medals. Clara Heinrich was fifth in the U14 javelin with a throw of 18.69. She was sixth in the Long Jump jumping 4.25. She pulled a PB in the 80m running 11.11 in the heat. A huge three quarters of a second from her county championship performance over a month ago. She was unlucky to go out as the semi final running 11.17s. Her teammates Courtney Ryan and Orna Foley ran respectable 11.61 and 11.57 for their 80m and threw 13.14m and 14.31m in the javelin. Grace Courtney ran 12.46s in the 80m in her first Munster outing. The girls teamed with Aoife O'Carroll to run the 4x100m. They qualified easily in the heats in a time of 55.25s but were unlucky to be disqualified in the final for a zone infringement. Mary Doody was unlucky to be outside the medals in the Long Jump jumping a PB of 4.68m coming fifth. She also did well in the 250mH (42.59s) and 100m (14.26s). Ger Browne was another just outside the medals coming fifth in the High Jump with 1.45m, fifth in the discus (22.78m) and sixth in the 250mH (41.68s). Cormac Coffey making his comeback, ran a very good 12.58s 100m with very little training done. He was seventh overall in the final but a good performance on his comeback. Adam Barrett has also shown great promise in his debut year running a mix of middle distance and sprint events. He ran 12.73s in the 100m and 2.24.96 in the 800m coming fifth overall. Fiona Kavanagh also in her Munster debut ran a very good 2.48 in the 800m again with very little mileage under her belt. In the younger ages Shaune Browne and Sarah Hobbert were sixth in the U9 Ball Throw. Rachel Ryan and Jasmine Ryle teamed up to come fifth in the 500m and teammates Michelle Doody and Ciara Ryan were ninth in the same race. Jasmine and Ciara teamed in the Ball Throw to come fifth

Well done also to our athletes who were part of the Kerry team competing in the league at the weekend. In the girls team was Sinead O'Connor competing in the 100m, long jump and triple jump and one or two relays to boot, Dearbhail Foley who competed in the 200m, relays and Pole Vault no less, and Karen O'Connor discus. For the men's team Cian Foley competed in the 400m and relays, Michael Godley triple jump, Philippe Barnet javelin and Paudie Whelan relays.

TRAINING: For juveniles, U9-U11 ages will train in the ITT on Tuesday and in Castleisland on Thursday at 7pm. On Thursday this week there will be an agility challenge for this age group so a fun night for all. The U12 upwards ages will train in the ITT on Tuesday and Thursday in Castleisland at 7pm.

FIXTURES: Munster U12-U13 & U16-U19 T&F Championships Cork 19th/20th June, Kerry Community Games 26th/27th June, Tailteann Games Sat 26th June, AAI Juniors & U23 T&F Championships.

FIT4LIFE: Please refer to our website www.traleeharriers.com for details on this or alternatively contact Jerry O'Sullivan at 085-1085735.