

RESULTS: Last weekend saw the conclusion of the National Masters T&F season and Senior League team. Patsy O'Connor was in fine form on Sunday with 4 golds to his name. Patsy won the shot, javelin, discus and weight for distance in the O50 category. Pat Canty was also in flying form coming second in the Long Jump and third in the 100m and 200m. Donal Crowley also to the fore with a three medal haul with silver in the 400m and high jump and bronze in the long jump. Padraig Fanning was on the medal podium also with a bronze in the discus. Well done to all the Masters. At the Senior League final on Saturday, representing Kerry were Cian Foley, Paudie Whelan, Philippe Barnet and Sinead O'Connor. This was Kerry's first year in the Premier division and they more than excelled by making the final in the first place. Cian and Paudi were involved in the relay teams and Cian also ran the 400m in a time of 51.59s. Philippe Barnet is proving to be a very competent javelin thrower with a 43.60m throw to come fifth overall. Sinead O'Connor had a busy day competing in the 100m, long jump, triple jump and relays. Sinead was up against some athletes from the recent European Championships no less and acquitted herself very well. She ran 13.77 in the 100m to take seventh spot, jumped 5.01m in the long jump for sixth spot and 10.22m in the triple jump to come fourth. This was a great achievement and experience for our athletes to be a part of the county team despite the fact that most of them haven't trained in a number of weeks. All can now take a well earned rest before they return in the Autumn for winter training.

TRAINING: Training is now finished for the year and all can take a well earned rest and recharge the batteries before we return in September.

FIXTURES: Munster Juvenile B and Combined Events, Templemore, 29th August.

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