

RESULTS: The National Senior T&F Championships is the show case event of the year for Irish athletics and an event that all athletes should aspire to. The club was represented by Claire Fitzgerald and as usual she didn't leave the club down with two medals to account over the weekend. Despite having an indifferent year mainly due to injury she showed she is still at the top of her game in this country. She won the discus by a clear margin with a throw of 44.78m and was second in the javelin with a throw of 38.24m. Well done to Claire and the club can be extremely proud of her achievements. Elsewhere representing Ireland for the first time at an International was Eoin O'Carroll who was part of the Irish schools team. Eoin jumped 6.64m in the long jump to put him in fourth spot and 12.84m in the triple jump to come eight overall. No doubt Eoin will represent Ireland again in the coming years and well done to him. At the recent juvenile Nationals two athletes that I previously forgot to mention were Aoife O'Carroll and Hanna Ryan. Aoife was seventh in the U13 80m final in a time of 11.07s. This was also a PB for Aoife and no better time to be achieving a PB than at the National T&F Championships. For Hanna Ryan, this was her first time at the Nationals and well deserved her place there as she has come on leap and bounds all year. She finished just outside qualifying for the final but huge progression for her this year. Well done to Cian Foley, Paudie Whelan and Philippe Barnet who were the club's representatives on the county league team. Injuries are taking its toll on a number of our athletes but a fantastic achievement for our club athletes none the less. Results were not available to hand at the time of writing and I will update in next weeks notes. Next weekend sees the conclusion of the National Juvenile T&F Championships and best of luck to all of our athletes who will be wearing the club colors with pride.

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: AAI U12-U19 Tullamore, 24th/25th July, National Juvenile Multi Events, 31st July Tullamore; Munster Masters T&F Championships, 1st August, Cork IT; National Masters T&F Championships, 15th August, Tullamore

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

MISCELLANEOUS: Condolences to Neilus Daly and family on the recent death of Neilus's mother.