

RESULTS: The Juvenile National T&F Championships concluded at the weekend and this marks the end of the season for the majority of our athletes. Eoin O'Carroll claimed two medals over the weekend and in particular the triple jump would have been pleasing for him. He won gold but also claimed a championship best that has stood since 1974 with a jump of 13.45m. Triple Jump consistency is a difficult to achieve from competition to competition but he managed to pull out one of his best jumps of the season when it mattered. He picked up his second medal later in the 200m by coming third in a time of 23.42s. Sinead O'Connor has battled with a hip injury over the last few weeks which threatened to scupper the final leg of the season for her. But she managed to pull out silver in the long jump (5.34m) and cements her place as one of the top jumpers in the country. Danny Pierce also was pleased with his fifth place in the triple jump with 11.09m and Kate Boyd was seventh overall in the discus 23.16m. Louise O'Connor was eight overall in the 200m with 27.39m while David Kavanagh ran close to his PB in the 1500m running 4.29.11. On Sunday it was the turn of the relays and U16 boys have been the team to beat over the last few years. But again there were too strong for the field winning in fine style in 47.50 with team of Eoin O'Carroll, Danny Pierce, Fearghal O'Nuairlain, Brian Barry with Conor O'Mathony providing backup. Well done also to our club athletes that competed on the county relay teams at the weekend. Well done to Cian Foley, Paudie Whelan and Philippe Barnet who were part of the Kerry league that qualified for the League final in three weeks time. We have a number of athletes competing in the multi events next weekend so good luck to them also.

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: National Juvenile Multi Events, 31st July Tullamore; Munster Masters T&F Championships, 1st August, Cork IT; National Masters T&F Championships, 15th August, Tullamore

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