

RESULTS: Last weekend our U9 and U10 boys exceptionally well at the All Irelands. The U9 team of Sean Kennedy and Daragh Leen won gold in the Long Jump and were silver in the sprint. The two lads also took silver in the 4x100m relay along with Niall Fitzmaurice and Cian Purcell. Cian Morgan and Sean Quilter were 7th in the Ball Throw at U10. Well done to those young athletes. The club had three representatives at the Tailteann Games. Eoin O'Carroll won the long jump (6.60m) and was 2nd in the triple jump (13.06m) and surely will have booked a place for the schools international. Louise O'Connor was part of the winning 4x300m team and was 5th in the 300m while Michael Godley was 5th in the long jump. On Sunday it was the turn of the Juniors and U23. Claire Fitzgerald was back to winning ways with gold in the both the Javelin (38.82m) and Discus (43.19m). Michael Godley took silver in the triple jump. Karen O'Connor was second in the U23 Discus (29.62m). Sinead O'Connor was 4th in the triple jump and 5th in the triple jump. Cian Foley was 4th in the 100m (11.26s) and 5th in the 400m (51.06s)

The previous weekend saw the U12-U13 and U16 to U19 take part in the Munster Juvenile T&F and the club did exceptionally well with the final medal count of 32 individual medals and two relays of which broke down into 10 gold, 11 silver and 13 bronze medals. There were numerous PBs set and a few Championship Best Performance (CBP) to boot also so overall a very successful weekend for the club. Eoin O'Carroll was our top performer of the weekend with 4 golds and 2 silvers and 2 CBP. Eoin won the triple and long jump in style breaking the previous records, jumping 12.92m and 6.26m. He also won the high jump (1.70m) and 250m Hurdles (34s) and was 2nd in the 100m (11.66s) and 200m (23.37s). Some very fine performances by Eoin. Louise O'Connor is also coming back to winning ways claiming four medals over the weekend. She was 2nd in the 250mH (37.99s), 3rd in the 100m (13.07s), 3rd 200m with a PB of 26.22s, 3rd in the high jump with 1.40m. She jumped 4.62 in the long jump also. Kate Boyd also had some very good performance over the weekend with PBs in the shot and discus. She medaled in the shot claiming silver with a throw of 9.69m and was 4th in the discus (25.64m) and javelin (22.18m). Other impressive U16 athletes include of middle distance pair of Conor O'Mathony and David Kavanagh. Conor came home with two medals winning the 800m by leading from the front in very impressive style in a time of 2.09.25. He also won bronze in the 1500m on Saturday in a time of 4.36.15. Meanwhile David's powerful finishing in the 1500m was too much for the field as he stormed home to take gold in the 1500m in a time of 4.34.53. Also in record breaking form were the 4x100m winning in a time of 47.56. The team of Eoin O'Carroll, Danny Pierce, Brian Barry and Fearghail O'Nuailain have been together for some time and get better and better with each outing. Danny Pierce also medaled in the High Jump on Saturday claiming 3rd spot with 1.55m. He was also booked his place in the Nationals in the triple jump by coming 4th (11.17m). Fearghail O'Nuailain also continued his recent improvements by grabbing the fourth spot and a National outing in the long jump with a jump of 5.49. Brian Barry was seventh in that event with 4.64m. Emma McCarty won two medals at the weekend coming 2nd in the long jump (4.19m) and 3rd in the 600m (1.51.04). A very successful weekend for this young U12 athlete. Emma teamed up with Lauren Barrett, Rachel Bowler and Eimear Brosnan to come a very credible 4th in the U12 4x100m. Other girls to feature at this age group were Rachel Bowler who was 6th in the long jump and made the sprint semi-final, Rebecca Ryan 7th in the shot (6.43m) and Lauren Barret in the sprint. Not to be out done

at this age group Ciaran O'Reilly also had a double medal haul with a gold in the Ball Throw (42.18m) and a bronze in the Shot (8.03m). Joseph O'Connor was fourth in the Ball Throw so he goes to the Nationals in two weeks. Also at U12 Rory O'Connor jumped 1.31m to claim silver in the High Jump. Rory also made the final of the sprint. Eoin Lynch made the last eight of the long jump (3.94m). The U12 boys relay of David Fitzmaurice, Joesph O'Connor, Gearoid Dillane and Rory O'Connor claimed bronze in the 4x100m. Other U12 boys to feature in very competitive events were Michael Linnane and Shane Walsh. In the U13 age group Aoife O'Carroll was our only medal winner, coming 3rd in the 80m in 11.35s. She also made the last eight of the long jump jumping 4.10m. Aoife teamed up with Jenny Godley, Aoibheann O'Brien and Rachel Bowler to finish 7th in the 4x100m. At the older ages Hanna Ryan and Ericka Mackey claimed second and third spot in the 100m hurdles and this was also their first Munster medals. The girls also did well in the other events with Hanna 4th in the javelin and 5th in both the 300m and 300mH and Erika making the 100m final coming seventh. The girls teamed up with Laura Lynch and Louise O'Connor to narrowly come fourth in the 4x100m relay. Laura Lynch had a fine weekend despite only recently coming back from a very long layoff. She was second in the triple jump (9.80m) in first competition at this event, was third in the high jump (1.40m) and jumped a PB in the long jump to come 4th with 4.73m. Sinead O'Connor had been a very dominant figure in the jumps all year and last weekend was no exception. She won both the long and triple jumps with jumps of 5.25m and 10.95m respectively and was 3rd in the 100m (13.16s). Also in the U18 coming with a late burst towards the end of the season was Michael Godley who was 2nd in the triple jump (12.14m) and 3rd in the long jump (5.86). He was also 4th in the 100m (12.17s). Philippe Barnett was 2nd in the javelin with a throw of 37.90m. Paudie Whelan meanwhile impressed in the U19 400m coming 2nd in a time of 52.37m. Overall it was an impressive championships for the club and good to all the athletes going forward to Nationals. Apologies if I neglected to mention anyone. The focus for the while will be multi events, National Relays and National Championships. Also last mention must go to Emma Godley who topped the AAI agility challenge with a gold award last Thursday evening. She is only one of a handful of kids in the province to receive such an award so well done to Emma

TRAINING: For juveniles, U9-U11 ages will train in the ITT on Tuesday and Thursday at 7pm. The U12 upwards ages will train in the ITT on Tuesday and Thursday in Castleisland at 7pm.

FIXTURES: AAI U12-U19 Tullamore, 3rd/4th July.

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