

**RESULTS:** The last track and field meeting of the season took place at the weekend with the Munster Juvenile B and Multi Events down for decision. Orla O Reilly fresh from her recent Community Games win claimed three medals coming second in the 60m in a time of 9.38s, third in the long jump (3.60m) and was third in the Multi Events also. Well done to Orla and an athlete with a very bright future. Her brother Cathal also did very well in the Multi Events but was outside the medals. Adam Barrett claimed silver in the 100m U16 age group in a time of 12.82s and ran 2.35.12 in the 800m to grab third spot. Niall Fitzmaurice also did well making the final of the U9 sprint and long jump coming sixth overall. His brother Sean was also involved in the last eight of the sprint final and long jump in the U14 age group. At the U11 age group Cathal McLoughlin finished well in the 60m final. Jack Morgan claimed a bronze medal in the 100m in a time of 13.23s and won the shot with a throw of 9.70m. Great to see Jack on the come back trail again. Well done to the all athletes over the weekend and throughout the season in what was probably our best season in a number of years. We have four athletes in the Senior ranking in the club, many on the County league team, and a very strong juvenile setup coming through. Our coaching setup is in a very healthy state with very strong developments on the facilities side in the grounds at O'Regan Park and ITT coming on stream in the next six months. We will be starting training again in October and that will be preceded by a number workshops, talks and presentations to athletes in late September.

**TRAINING:** Cross Country training begins at the weekend. Times and venue have not been decided yet but final notification will be given on our SMS service and website.

**FIT4LIFE:** Please refer to our website [www.traleeharriers.com](http://www.traleeharriers.com) for details on this or alternatively contact Jerry O'Sullivan at 085-1085735.