

RESULTS: The Juvenile National Multi Events Championships were held in Tullamore bringing to an end, juvenile track and field events for the year. Although we only had two athletes present both did extremely well. Eoin O'Carroll added another National medal to his tally by coming second in the U16 and was only four points from snatching the gold. He ran 15.35s for the 100m hurdles and 2.17.73s for the 800m and jumped 1.68m in the High Jump and 6.30m in the long jump and finally threw 10.90m in the shot to give him 3,151 points. Mary Doody is also proving to be good all rounder but she just finished outside the medals in fourth spot. She ran 15.07s for the 75m hurdles and 2.38.95s for the 800m, jumped 1.41 for the high jump and 4.50m for the long jump and threw 6.94 for the shot to give her 2,637 points overall. Well done to Eoin and Mary and both can look forward to a long rest for the rest of the summer. Last weekend also saw the turn of the Masters and as usual they failed to disappoint. Patsy O'Connor won four golds in the shot (12.31m), discus (38.39m), javelin (40.59m) and 35lbs weight for distance (8.64m). Also with four medals were Pat Canty and Donal Crowley. Pat won three golds in the 100m (12.9s), 200m (26.1s), long jump (4.75m) and silver in the High Jump (1.30m). Donal was second in the 400m (73.2s) and high jump (1.0m) and was third in the 800m (3.06.4s) and long jump (3.18m). Lastly Pdraig Fanning won the discus with a throw of 28.67m.

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 Masters T&F Championships, 15th August, Tullamore

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