

**RESULTS:** The cross country season began with the county even age cross country at the weekend in Killarney. Our U16 boys of Conor O'Mahoney and David Kavanagh have brought a major revival in distance running in the club given their outstanding success in track and field this year and in their first year in competitive athletics. They continued that form at the weekend with Conor grabbing second spot and David third in a very exciting race in the U16 race. Not to be outdone by her brother, David's sister Fiona was also third in the U14 girls. She is showing great form and ability at training so a well deserved for Fiona. Tomas Leen is trying his hand at middle distance this year and had to jump an age to the U14 last weekend. He came home in fifth spot to put him in the medals so a great result for another up and coming athlete. At the U12 age group Lauren Barrett was just outside the medals coming seventh. Cathal McLoughlin competed very well in the U12 boys but was also jumping up an age this weekend. At the under 10 age group we had two competitors in Rachel Ryan and Ciara Ryan. Rachel ran a superb race to claim silver and Ciara was sixteenth over all in a very big field. Five medals overall was a fantastic result and a great start to the cross season. Our athletes did extremely well and many thanks to Niamh O'Sullivan and Donal Crowley for getting our cross country efforts under way this season.

**TRAINING:** The winter training gets under way this week starting with our usual indoor training on Tuesday nights at 7pm in the Green. Please note that training for the moment concerns the ages U12 (born 2000) upwards only with the U9-U11 (born 2003, 2002, 2001) due to start later in the year. An athletes meeting took place last weekend with a big turnout. A summary of the discussion is available on the website. All athletes have placed big expectations on themselves which is very encouraging for the club. Any new prospective athlete can come along to the training to try out. In general, Tuesdays will be an indoor session in the Green at 7pm, Thursdays will be in the ITT at 7pm, Fridays a gym/weights session in the Stacks for selected athletes, and Saturday and/or Sunday will be a track/beach/hills session. Please consult with coaches on exact times and venues as they may change from week to week.

**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.

**AWARDS NIGHT & AGM:** Our awards night has been fixed for Friday 5<sup>th</sup> of November so set aside a date in your diary for that night. Our AGM has been fixed for 17 of November in the Grand Hotel at 8pm.

**MISCELLANEOUS:** Condolences to the Sheehy families and former clubman chairman Pat, on their recent family bereavement.