

RESULTS: Last weekend was the first weekend of National Juvenile Championships and the club did exceptionally with 4 medals and numerous top eight finishes. Eoin O'Carroll was out top performer of the weekend with 3 medals to his name. On Saturday he won the long jump in 6.32m and followed that with a silver in the 100m in a time of 11.46s. On Sunday he had a very performance in the triple jump jumping 13m to win another gold. Our other medal winner of the weekend was Philippe Barnet with a bronze in the U19 Javelin (39.22m).

Aoife O'Carroll was just outside the medals, coming a very credible fourth with a new PB of 10.81s in the U14 80m. No doubt that she is on her way back to her best. David Kavanagh ran a very good time in the 800m (2.00.66s) to claim fifth spot while club mate Conor O'Mahoney ran a PB of 2.05.79s in the same race. Ciaran O'Reilly was fifth in the javelin (24.24m) and 11th in the shot (8.58m) with the two competitions running one after another impeding his shot performance. His cousin Michael Linnane was 10th in the shot with 8.78m. Kate Boyd was fifth in the discus with 29.29m with some of her unregistered throws over the 32m mark. Clara Heinrich, in her first Nationals, was 7th in the 100m (13.23s) and had a better time in the heat of 13.03s. She jumped 4.27m in the long jump. A great achievement for Clara, having been out most of the outdoor season. Rachel Bowler jumped a PB in the U13 long jump with 4.36m and no doubt big things to come from her. Cathal O'Reilly is another prospective jumper in the making and jumped 9.81 in the triple jump to come in the top eight. His sister Orla was disappointed with her three breaks in the long jump but another up and coming talented jumper and sprinter. Orna Foley pulled up with a hamstring injury in the U15 girl's semi-final but no doubt another very good sprinter in the making. Hanna Ryan has been very impressive all season with her recent PB (12.95s) in the 100m at the Open Sports behind her but she was disappointed with her 13.32s. An off day but she has demonstrated through hard work and dedication what can be achieved in what has been a fantastic season for her. Overall the results have been very pleasing and no doubt most of these athletes will be medal winners at National in the not too distant future. Next weekend we have the Munster Juvenile B T&F in Templemore and the Kerry team will be in action also in Athlone for round 2 of the league.

TRAINING: Training continues in the ITT on Tuesdays at 7pm and Thursdays in Castleisland at 7pm. For further sessions please contact coaches