

RESULTS: Last weekend saw action from both the Munster T&F for the younger ages and the National League in Castleisland. Claire Fitzgerald continued her good progress in the Discus recently where threw a PB with 47.30 and getting ever closer to the European U23 qualification distance. Also in good form at the league was Hanna Ryan who continues her remarkable progress this year taking part in the 4x100m and 4x400m relay teams. The women's team overall came 3rd in a very competitive group. The county men's team topped their group overall and the team was represented by Eoin O'Carroll, Michael Godley, Patsy O'Connor and David Kavanagh. Eoin continued his recent top class performances in the jumps with a 6.35m jump in the long jump. Michael Godley jumped a very good 12.72m jump in the triple jump and was also part of the 4x400m team. David Kavanagh ran just over 2 minutes for the 800m and Patsy put in his usual top class performance in the javelin.

At the Munsters in Ennis, our younger athletes did extremely well in a very competitive provincial championships with very contrasting weather on a sunny Saturday and very wet Sunday. Medals are very hard to come by but to come home with six over the weekend was a great achievement. Ciaran O'Reilly is making a name for himself in the throwing events and was a double medal winner over the weekend coming 2nd in both the shot (9.32m) and javelin (24.35). His sister Orla was unlucky not to be in the medals coming 4th in both the sprint and long jump but those places will mean she has qualified for the Nationals in July. Rachel Bowler has been threatening to do big things in the long jump over the last year or so and did so in fine style at the weekend winning gold with a jump of 4.15m. Our U10 boys were a very productive group on the medal front last year and this year again they didn't disappoint. Darragh Leen and Sean Kennedy teamed up to come 2nd in the long jump and Sean teamed up with Niall Fitzmaurice to come 3rd in the 60m sprint. The three lads were joined by Cian Purcell to clinch silver in the 4x100m relay late on Sunday. Michael Linnane also made it to the Nationals in the shot coming 4th overall (8.46m) and was 5th in the javelin (21.87m). Other good performances over the weekend came from Rory O'Connor who was 6th (11.45s) in a very competitive sprint final and did well in the field events also coming 5th in the long jump (4.19m) and 5th in the high jump (1.35m). Michelle Doody, Rachel Ryan, Ciara Ryan and Jasmine all did well in their teams event in the U11 age group as did Luke O'Carroll, Sean Quilter, Cian Morgan, Padraic Linnane and David Barrett. Emma Godley in the U12 age group and Lauren Barrett, Sophie McAllen, Emma McCarthy, Sarah Barry and Rebecca in the U13 age group all put in good performances in their respective events over the weekend. Eoin Lynch, David Fitzmaurice, Berry Barrett and Gearoid Dillane also performed well at the weekend.

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