

RESULTS: Last weekend was one of the busiest weekends in athletics with Tailteann Games, National Junior and U23 and locally the Kerry Community Games. Eoin O'Carroll, David Kavanagh and Kate Boyd were the club representatives at the Tailteann Games. Eoin O'Carroll was in his usual top form winning the long jump in 6.38m and coming second in the triple jump with a jump of 12.55m. David Kavanagh ran 4.16.85 in the 1500m to come home in sixth place. Kate Boyd also competed well in the shot and javelin. On Sunday the National Juniors and U23 took place in Tullamore and the club had six athletes present with some very good performances. Claire Fitzgerald was our top performer with two gold medals in the discus (47.80m) and shot (14.10m). Sinead O'Connor was also a double medal winner in the long jump (5.21m) and triple jump (11.05m) coming third in both events. Karen O'Connor was our other medal winner of the day coming third in the U23 discus with a throw of 27.14m. Kate Boyd was appearing in her first National Juniors and acquitted herself well throwing 9.18m in the shot and 28.64m in the discus. Michael Godley had a PB in the long jump jumping 6.40m to come home in fifth place and was sixth in the triple jump with 12.67m. Philippe Barnet was fifth in the javelin with a PB of 45.51m.

Congratulations to our club athletes who competed at the Community Games at the weekend. With over 18 individual medals, it's a positive sign of the standard of our athletes at present. Good luck to them in the Nationals in August

Our Open Sports takes place in Castleisland at 6pm on Wednesday so hopefully all can turn out from that event.

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