

Leevale: On 16th of April 4 Tralee Harriers athletes travelled to Leevale to compete in what is arguably the most significant Open Sports event in the country. This event is a very important gauge of baseline performance for the coming season which made the low turnout disappointing. However, those athletes that made the effort to travel will have the benefit of a serious competition under their belt for the busy season ahead. In the Senior women's 100m Sinead O'Connor ran 12.97s, but took her prize money for 3rd place in the long jump (5.39m) competing alongside Kelly Proper of Ferrybank who took gold (6.18m). Michael Godley came 4th in heat 4 of the Men's 100m to qualify (11.97s) and improved on this in the B final for a new pb of 11.87s. David Kavanagh competed in the U17 boy's 1500m and took 15 seconds off his pb to easily win the 1500m in a time of 4.07s. Rachel Bowler was in the top 5 athletes in the U13 girl's long jump with just 2 centimetres making the difference between 3rd, 4th and 5th place. This was a very successful day for all 4 athletes, with 2 new pbs and a season's best between them. Well done to all.

Kerry Open Sports: For the first year the County Board ran a Kerry Open Sports on Good Friday afternoon with selected events available. The event was very successful and all participating athletes seemed to enjoy the day. The Harriers athletes that participated did well despite conditions turning a little unfavourable by the evening. Clare Fitzgerald threw 44.76m in the discus, 38.71m in the javelin and 13.50m in the shot. Alan O'Connor threw 36.42m in the discus, 12.43 in the shot and 8.88m in the 35lb weight for distance competition. Kate Boyd had a great day also, recording three new pbs for the shot (9.10m), discus (28.78m) and javelin (24.91m). It was great for all to see the return of Ciara Walsh who is making a return to athletics this year. Ciara jumped 1.45m in the high jump and ran a time of 71.1s in the 800m. Sinead O'Connor competed in the triple jump, her best jump of the day was 10.66m from a take off well before her mark due to the condition of the board on the day. Her actual measured jump was 11.10m. Michael Godley and Eoin O'Carroll competed in the mens long jump with Eoin recording a best jump of 6.09m and Michael measuring 5.89m. Michael had 5 brakes which were kindly measured by the presiding judges; his best measured jump was 6.35m. Michael also took part in the triple jump competition and recorded 12.40m. David Kavanagh has been putting in tremendous efforts this year again and the hard work is certainly paying dividends. David recorded a time of 4.01s for the 1500m in a race with no competition to drive him on. This puts David well on his way to achieving his sub 4 minute goal for this distance. Mary Doody jumped a seasons best (4.59m) in the long jump and 1.45m in the high jump. Shane O Connell jumped 4.65m in the LJ (with a few brakes also, one of which looking very big indeed) and 1.25m in the HJ. Aoife O'Carroll jumped 3.86m in the LJ and ran 13.84s in the hurdles. Aoibheann O'Brien jumped 3.69m in the LJ on the day. Our U13 boys were the most prolific of the day and all acquitted themselves very well. Rory O Connor had a marvelous performance also jumping a new pb in the LJ, 4.21m, and the HJ, 1.40m. Rory threw 13.00m in the javelin and ran 11.97s in the hurdles and 2.55 in the 800m. Ciaran O Reilly jumped 3.70 in the LJ, 1.15 in the HJ, threw 17.74 in the javelin, 10.08m in the shot, ran 12.31s in the hurdles and 14.96s in the 100m. Michael Linnane jumped 3.62m in the LJ, 1.15m in the HJ, threw 18.31 in the javelin, 7.21 in the shot, and ran 12.67 in the hurdles. Well done to all athletes.

Gneeveguilla Open Sports: was held on Sunday May 1st with some of our juveniles turning up for their first outdoor competition. There were some very strong performances on the day, amongst them Shane O'Connell who came 1st in the U14 100m and 2nd in u15 long jump with a jump of 4.64m. Unfortunately Shane got hurt on the day during the event and this hampered his chances of improving on this distance. Orla O'Reilly had a notable performance, coming 2nd in the U12 80m and 1st in the U13 long jump with a new p of 3.82m, finally coming 4th in the 600m. Ciaran O'Reilly came 2nd in U14 shot (8.40m) and 6th in the 80m sprint. David Fitzmaurice came 4th in the LJ with a new pb of 3.85m and 4th in 60m. Adam Barrett came 2nd in the U17 100m and his brother Jack came 2nd in the U6 60m with a new pb (watch out Adam, he's catching up!). Niall Fitzmaurice came 4th in the 60m. Jasmine Ryle came 2nd in 60m heat (her brother Louis Ryle took 2nd in 800m- an athlete the club would love to see return). Sophie McAllen did the 600m and brought her brother along; Eamonn's first efforts in athletics saw him take 1st in 800m 2nd in the long jump, 2nd in the 100m. Jenny Godley and Ciara Murphy came 6th and 7th in the 80m sprint respectively. Michael Linnane competed in the 60m and long jump. In the U13 boys relay David Fitzmaurice, teamed up with Ciaran O'Reilly, Michael Linnane and Jack McGrath to come 2nd. For the U15 boys relay Sean Fitzmaurice, Louis Ryle, Oisín Fitzgerald (another ex athlete who might hopefully make a comeback!) and Eamonn McAllen joined forces. Meanwhile the U15 girls relay Jenny, Ciara, Lauren and Lucy McGrath won silver. Finally, the U13 girls relay Sophie McAllen, Lauren Barrett, Jasmine Ryle and Orla O'Reilly came 4th overall. Congratulations to all athletes for their fine performances.

IUAA T&F: Last but certainly not least, Clare Fitzgerald was in wonderful form this weekend at the IUAA Track and Field Championships where she set 3 new UCC records and had a pb in the shot whilst also setting a new IUAA record in this event. Claire is just back to throwing the shot recently after a long layoff due to injury. Claire threw 7.9m in the 8kg weight for distance, 45.03m in the discus, 38.48 in the javelin and 14.08 (pb) in the shot which constituted all points taken by UCC in throws and over half of all points won by the university in the competition. This is a phenomenal performance to kick off a hopefully good year for Claire.

BEST WISHES: The club would like to wish Margaret Doody a very happy 21+ birthday!!

TRAINING: Juvenile U9-U19 Training, Tuesdays, 7pm in the ITT; U9-U11 Training, Thursdays, 7pm in the ITT Outdoor Juvenile Training; U12-U19 Training, Thursdays, 7pm in Castleisland; Training, Saturdays, 10.30am in the ITT Sundays; 10am Castleisland, Weight Training, Check with coaches for times.