

Three athletes travelled to Nenagh in less than ideal road conditions on the 15/01/11 to compete in the National Junior Championships. The men's 60m was contested by Eoin O'Carroll who ran a time of 7.39s to give him a place in the final (7.42s). Eoin came 2nd in the long jump (6.51m) and also won the triple jump (12.93m). Michael Godley competed in the long jump where he came 5th with a new pb of 6.12m and 5th in the triple jump with a jump of 12.39m. Sinead O'Connor contested the women's long jump where she came 4th (5.22m) and came third in the triple jump 10.61. The following day at the Novice Cross Country Championships, Conor O'Mahony jumped up an age group to run in the boys U17 race. Conor who was suffering an illness at the time ran a fantastic race but the illness caught up with him forcing him to pull-up. The club is very happy with the performances put in by Conor and the other cross country competitors this year under the auspices of Niamh and Donal. On the 22/01/11 three of our promising juvenile athletes attended the national multi-events in Nenagh. In the girls U15 Clara Heinrick came 8th overall with points totalling 1798 while her club mate Grace Courtney came 10th with 1244. This was Grace's first year at multi-events and both girls did well at a national event. Also performing on the day in the girls U16 was Mary Doody who came 6th overall with points totalling 2132 and impressive high and long jump distances to boot. On the same day at the AAI Games Michael Godley had a frustrating jumps day where he broke all 4 long jumps and broke 3 times in the triple before jumping a conservative 12.08m that put him in second place. In the women's triple jump Sinead O'Connor came 2nd with a season's best 10.89m and 2nd in the long jump (5.28m) and 3 breaks. In the men's Shot putt Patsy O'Connor came second with a throw of 12.08m.

On the 23rd of January our masters competed in the National Masters Indoor Championships in Nenagh. Pat Canty came 2nd in the Master Men's 60m (8.21s) and 3rd in the shot putt (8.66m). Donal Crowley came 1st in the 400m, 2nd in the high jump and 3rd in the long jump. Patsy O'Connor returned to Nenagh for the second day to take 1st in the shot (12.95m). Finally, the Munster Star Awards 2010 were held in Cahir House Hotel on Saturday 29/01/2011. The Kerry Track and Field Juvenile award went to the very deserving winner Eoin O'Carroll. Also, the Patsy O'Connor Officer Award went to Michael Godley in recognition of his efforts to advance technology

Training: Tuesday @ The Green Hall 6.30pm for athletes under 9 to U13 and 7.15 pm for U14 upwards. Outdoor Juvenile Training, Thursdays, 7pm in the ITT. Friday Gym session for selected athletes. Outdoor Juvenile Training, Saturdays, 10.30am in the ITT and Sundays, 10am Castleisland, Weight Training, Check with coaches for times. Fit4Life Meet and Train Running, Friday Nights at 6.30pm, O'Donnell's, Mounthawk