

The U14-U19 Munster Indoor Championships were held in Nenagh on 26th and 27th of February. The club matched last years medal haul of 19 medals for the weekend which is a massive achievement considering the rising standards witnessed by all over the 2 weekends of competition. First up, an under the weather Sinead O'Connor started a very discernable trend evident in our jumps athletes of late by taking gold in the U19 triple jump with a season's best of 11.02m. Sinead went on to comfortably win silver in the 60m (8.40s). She returned on Sunday to take gold again in the long jump despite some approach run problems causing her to jump under par (5.12m). Michael Godley had a mixed weekend with changes to approach run also causing him a series of breaks and only one registered long jump well below his standard. He can take some solace from the general agreement that his jumps were in excess of the final winning performance of 6.21ms. Mike returned on Sunday to take silver in the U19 triple jump (12.56m) and very tired legs still returned him a p.b in the 60m (7.59s). Our U18 athletes also acquitted themselves well with the top performance coming from Laura Lynch. Laura won silver in the triple jump (9.29m), silver in the long jump (4.65m) and silver in the high jump (1.30m).

Hannah Ryan competed in the 200m recording a new pb (28.95s) and in the 300m (46.19s). Erika Mackey returned from a bad ankle sprain to run the 60m (9.09s) and took part in the 4 x 200m relay with Laura, Hanna and Louise O'Connor. An unfortunate stumble led to baton pass issues which kept the girls outside the medals. Well done to all U18 girls on some very promising performances. Sean Fitzgerald attended his first competition in athletics this weekend and competed in the U18 200m (27.68s). Sean is new to the sport and a great addition to the club. Our U17 athletes also performed very well. Louise O'Connor showed a return to winning ways in the sprints. Louise won silver in the 60m with a new p.b. of 8.10s and silver in the 200m (27.15s). Louise competed in the hurdles also (11.69s). Also looking impressive and making the 60m final was Iseult Buckley (8.84s). Iseult also competed in the hurdles (12.09s). Our U17 boys certainly produced the goods with David Kavanagh taking 2 medals, bronze in the 1500m on Saturday (4.24.31s) and a hugely impressive silver in the 800m with a new pb of 2.04.31s. Also featuring in the middle distance races was Conor O'Mahony who ran well in the 1500m to come 5th overall (4.36.96s). However Conor returned on Sunday to claim bronze in the 800m with a very respectable time (2.09.08s). Both boys are fresh off the cross country circuit where they had some very impressive performances and were just back to track running. Our U17 Kate Boyd won a silver shot medal with a new pb also of 10.21m. Kate bettered her previous pb 4 times during the competition, a great return for her efforts. Danny Pierse proved also that hard work and patience pays off. Danny made the final of a fast 60m sprint, coming 7th overall with a time of 7.80s. Danny came 4th in the long jump with a new pb of 5.51m, ran the 200m in a new pb of 26.50s and came 4th in the high jump (1.60m). Excellent improvements from a very promising and diligent athlete. Brian Barry also competed in the 60m but a recent illness and lack of training proved too overwhelming on the day. Danny, Brian, Conor and David teamed up to run the 200m relay. Moving to our U16s, Adam Barrett pulled out a massive performance in the 60m sprints, eventually winning bronze in a time of 7.85s, a photo finish examination required to separate him from second place! Adam competed also in the 200m (27.28) and shows great promise in the sprints of late. Bobby O'Keefe ran the 800m (2.52.95s), starting off with a few good lap times but lack of experience in this race and a niggling

Achilles proved too much on the day. Bobby also competed in the 200m (31.43s). Cathal O'Reilly did well on the day to get to the final 8th in the long jump (4.63m) with very little training in the event, giving the club something to work on. Cathal also competed in the 60m (8.76s). Our popular U16 girl, Mary Doody bravely battled a heel injury to attempt the high jump, taking gold for her efforts (1.45m) but was unable to compete in her other usual events on the day. Moving to U15s, Jack Morgan stole the show taking 2 silver medals on the day with very impressive results in the 60m sprint (7.98s), just 0.01s off gold and 5.27m in the long jump. Orna Foley has worked on her jump technique of late. Her efforts paid off, getting her to 4th place in the long jump (4.51m). Orna also did well to get to the semi-final of the 60m (heat 8.54s, sf 8.64s) and competed in the high jump (5th, 1.35m). Grace Courtney is making steady improvements also running the sprint (9.07s) and competing in the hurdles and long jump. Courtney Ryan competed in the 60m (9.19s), the 60mh (10.89s), finally taking a deserved bronze in the high jump (1.40m). Also competing on the day were new-comers Isabelle Lenihan and Orla O'Mahony who seemed to thoroughly enjoy the event. The girls ran in the 60m and a tough 800m race. Orna, Grace, Courtney and Aoife O'Carroll joined up to contest the U15s relay also. Our U14s were out in numbers, with Aoife O'Carroll having most success by getting to the final of the 60m (8.90s) and the 60mh (10.78s). Aoife also competed in the long jump (4.01m) and the shot (7.65m). Jenny Godley ran the 60m (9.57s), competed in the long jump, 60mh (11.91s) and high jump, coming 7th with a jump of 1.25m. In the same events was Laura Courtney who competed in the 60m (10.40s), long jump, 60mh (14.32s) and came 11th overall in the high jump (1.10m). Ciara Murphy competed in the 60m (9.88s) and a gruelling 800m. Our U14 boy, welcome new-comer Shane O'Connell competed in the 60m (8.90s) and won an impressive silver medal in the long jump (4.58m). Lots of potential showing in this young man also. It must be noted that athletes who have turned up to training regularly all seemed to acquit themselves very well this weekend. The club offers all older athletes 6 sessions a week to hone their skills, with all other athletes having at least 3 or 4 sessions at their disposal. In such a highly competitive sport, with numbers increasing due to the recessionary times, training has become a critical factor in success of athletes at all ages. The club is duly proud of our group that travelled to Nenagh and all showed exemplary behaviour in sport and play. The County juvenile B indoor competition, with eligibility determined by results in 2010, were held in Kenmare last weekend. 5 athletes only travelled to the event, all returning to Tralee with silverware. Our U13, David Fitzmaurice unsurprisingly came 1st in the sprint and 1st in the hurdles while Shane Walsh came 2nd in the hurdles and shot. Also U13, Lauren Barrett came 1st in the shot, second in the sprint and 3rd in the hurdles. U12 Emma Godley came 2nd in the sprint and 1st in the hurdles. U10 Niall Fitzmaurice did well in the shot competition taking home a bronze medal. Emma, Lauren, David and Shane joined forces to come 1st in the relay. Well done to all 5 athletes who acquitted themselves so well on the day in such a great event. Much thanks to Kenmare for hosting a hugely successful day.

TRAINING: Tuesday, U9-U13, Green School Hall @ 6.30pm. U14 upwards in ITT @ 7pm. Thursday all athletes ITT at 7pm. Friday in Stacks gym for selected athletes. Saturday in ITT @ 10.30am, Sunday in Riocht at 10am followed by gym session for all older athletes at 12.