

## **TRALEE HARRIERS ATHLETIC CLUB**

**RESULTS:** The National Junior Indoor Championships took place in Nenagh on Sunday January 23rd. Well done to all our athletes who competed. Sinead O'Connor continued to display good early season form when she finished third in the junior womens triple jump with a jump of 10.69m and fifth in the long jump with 5.22m. Eoin O'Carroll ran a very fast 7.2sec when he finished fifth in the junior mens 60m. He also came fourth in the long jump with a jump of 6.29m. Both Eoin and Michael Godley were unfortunate to have multiple breaks in the long jump competition when they both appeared to be jumping in personal best territory. It is encouraging to see such performances at this time of the year.

Patsy O'Connor was also in action over the weekend, finishing fourth in the Senior AAI Indoor Games shot putt competition in Nenagh on Saturday with a throw of 12.34m. Patsy had won the National Masters title at the same venue the previous Sunday.

Congratulations also to Orla O'Reilly who helped the U12 Kerry team to victory in the Munster cross country relays which were held in Beaufort last Sunday week.

**TRAINING:** Training continues on Tuesday at The Green School hall at 7pm sharp, and Thursday at ITT at 7pm sharp for under 12's and upwards. Under 9-11 will start back training from Tuesday 31<sup>st</sup> January at 6.30pm.

**REGISTRATION:** Membership registration forms will be distributed at training over the next few weeks and are due back asap. Athletes cannot compete if they are not registered.