

TRALEE HARRIERS ATHLETIC CLUB

HAPPY NEW YEAR to all our athletes, coaches, families and club supporters. We hope that you are all looking forward to the busy season ahead and are prepared to work hard to reap the rewards.

RESULTS: The 2012 Munster Junior / Senior / Masters Indoor Championships took place in Nenagh on Sunday January 8th. Well done to all athletes who competed. Sinead O'Connor won the Junior Womens triple jump with a jump of 10.81m while Laura Lynch finished second in the same event with a personal best jump of 9.9m. Sinead also finished second in the junior long jump with 4.87m while Laura finished fifth. Eoin O'Carroll ran a personal best of 7.21sec when he finished second in the final of the junior mens 60m. Eoin also came third in the long jump. David Kavanagh had a fine run to take third position in the 1500m, while Kate Boyd finished in the same position in the shot putt. Hannah Ryan in the sprints and Michael Godley in the long jump also competed well but finished just outside the medals on the day.

Our master athletes also competed in their Munster Indoor championships on the same day. Patsy O'Connor came away with two gold medals for his performances in the shot putt and weight for distance. Donal Crowley took a silver medal in the long jump and bronze in the 60m. Patsy and Donal continue to inspire all at the club with their enthusiasm and dedication to athletics.

Next up will be the National Junior Indoor championships on 22nd January.

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 31st January at 6.30pm.

REGISTRATION: Membership registration forms will be distributed at training over the next few weeks and are due back by 31st January 2012. Athletes cannot compete if they are not registered. Note that athletes competing at championships this year will have to pre-pay an entry fee of €2 per event.