

## Performances

National Junior in Tullamore on the 2<sup>nd</sup> July

Paul Byrne 4<sup>th</sup> in the H.J. with 1.80 and 4<sup>th</sup> in the pole vault with 2.80.

Barry Pender 2<sup>nd</sup> in the H.J. with 1.95 failing 1.98 narrowly.

Eoin Kelly 1<sup>st</sup> in the T.J. with 13.70 and 3<sup>rd</sup> in H.J. with 1.90

Cheryl Nolan 3<sup>rd</sup> in the 800 in 2-16.5

Dan Mulhare 2<sup>nd</sup> U.23 – 800 in 1-54.14

On the 8<sup>th</sup> & 9<sup>th</sup> July Tullamore was the venue for the National U.14 – U.19 where once again our athletes did us proud. Performances included:-

G.U.14 – Emma Daly 4<sup>th</sup> in shot with 10.70, 9<sup>th</sup> in hammer with 23.68

G.U.14 – Mary Mulhare 5<sup>th</sup> in 800 with 2-31.91

B.U.14 – Richard Nicholls 8<sup>th</sup> in 80 in 11.50

G.U.16 – Ailish Brennan 3<sup>rd</sup> in 800 in 2-19.37 and 6<sup>th</sup> in 1500 in 5-08.56

G.U.16 – Shauna Daly 4<sup>th</sup> in shot with 10.68 and 5<sup>th</sup> in discus with 28.78

B.U.16 – Brian Kelly 4<sup>th</sup> in 800 in 2-07.29 and 7<sup>th</sup> in 1500 in 4-24.77

B.U.16 – Francis Egan 1<sup>st</sup> in T.J. with 12.32, 3<sup>rd</sup> in H.J. with 1.65 & 4<sup>th</sup> in L.J. with 5.83

G.U.17 – Aisling Kelly 4<sup>th</sup> in hammer with 33.12

B.U.17 – Paul Byrne 1<sup>st</sup> P.V. with 2.80, 2<sup>nd</sup> in 100 hurdles in 14.48 & 3<sup>rd</sup> in H.J. with 1.85

B.U.17 – Barry Pender 1<sup>st</sup> H.J. with 1.90 and 3<sup>rd</sup> in T.J. with 12.05

B.U.18 – Eoghan Power 8<sup>th</sup> in 3000 in 9-38.34

G.U.18 – Cheryl Nolan 2<sup>nd</sup> in 800 in 2-16.44, 2<sup>nd</sup> in 1500 in 4-47.56, 4<sup>th</sup> in T.J. with 9.86 and 4<sup>th</sup> in shot with 9.72

B.U.19 – Eoin Kelly 1<sup>st</sup> in L.J. with 6.17, 1<sup>st</sup> in H.J. with 1.70, 2<sup>nd</sup> in hurdles in 16.43 and 2<sup>nd</sup> in T.J. with 13.04

On the 16<sup>th</sup> July it was off to Cork I.T. for the younger members where we had difficulty getting on the podium never the less we did our best and enjoyed ourselves with what was a new experience for most. Performances included:-

B.U.9 – Ryan Crampton 9<sup>th</sup> in 60 in 10.07

B.U.11 – Aaron Whelan 4<sup>th</sup> in L.J. with a new P.B. of 4.23

G.U.12 – Shannon Whelan 11<sup>th</sup> in H.J. with 1.10

B.U.12 – David Mulhare 12<sup>th</sup> in 600 in 1-52.92

G.U.13 – Niamh Millet 6<sup>th</sup> in 600 in 1-52.13

B.U.13 – Conor Daly 2<sup>nd</sup> in H.J. with 1.40

*Schools International Vests were given to Sinead Kelly and Cheryl Nolan recently when they were selected for the prestigious Scotland V's Wales V's England V's Ireland in Grangemouth, Scotland on Saturday 15<sup>th</sup> July. Sinead was selected for the 300 and 4 x 300 relay suffered slightly with a recurring leg injury and finished 8<sup>th</sup> in the 300 in 42.52 seconds. She withdrew from the relay to avoid risk of further injury. Cheryl ran a steady race to finish just outside her P.B. when clocking 4-43.70 in 7<sup>th</sup> place. This was new territory for both girls and the experience should prove invaluable down the road.*

### CELTIC SELECTION

*After the fine performances in the All-Irelands in Tullamore recently four more club athletes were honoured with International selection for the forthcoming Celtic Games. These games rotate between the four competing countries and this year it is Ireland's turn to host them. The games will be held at the Regional Sports Centre in Waterford on Saturday 12<sup>th</sup> August.*

*Ailish Brennan follows up her schools cross country International debut earlier this year when she represented Heywood College, Ballinakill in England with selection for the U.16 – 800 meters. The current schools junior 800 champion hails from just outside Ballyragget and has a P.B. of 2-17.00. Only daughter of Marie and Joe she hopes to crown a glorious year.*

*Paul Byrne from Monavea is being honoured for the 1<sup>st</sup> time with an International singlet and gets his reward for finishing a very close 2<sup>nd</sup> in the 100 hurdles. A brother of Colin who blazed this trail over the past 10 years Paul is an all rounder and is also part of the 4 x 100 relay squad. Youngest son of Maria and Mick he will give it his all.*

*Barry Pender from Springhill, eldest son of Mary and Anthony, this young giant is showing excellent form over the high jump with 1.90 clearances being the norm. Well capable of breaching that 2 meter barrier, hopefully it will come his way on the 12<sup>th</sup> when once again he will rub shoulders with his Northern competitor Garry Coulter. Another classic confrontation is in the making.*

*Cheryl Nolan previously selected for these games in Belfast a couple of years ago has a new event when she tackles the 1500 steeplechase, which is added to the programme for the 1<sup>st</sup> time. Eldest daughter of Annett and Brian Nolan from Killeshin she is well versed in the horse business so she should give a good account of herself in the steeplechase. With a massive improvement of just 15 seconds of her P.B. for 1500 on the flat this season and her good hurdling technique, she should handle the barriers, with very few problems. Another young lady hoping to crown what has been a glorious season.*

**The teams for the Celtic Games are Wales, Scotland, Northern Ireland and Ireland. We wish Ailish, Paul, Barry and Cheryl the very best and hopefully a large number of club members and supporters will travel to support them.**

### **WOODIES NATIONAL SENIOR**

*These championships were held in the Morton Stadium, Santry over the weekend of the 22<sup>nd</sup> & 23<sup>rd</sup> July. On the Saturday Barry Pender and Eoin Kelly competed in the high jump with both of them giving a good account of themselves to finish 6<sup>th</sup> and 7<sup>th</sup> respectively with Barry clearing 1.95 on his 3<sup>rd</sup> attempt and Eoin getting over 1.90. On the Sunday it was the turn of Cheryl Nolan to tackle the 1500 and in a large field she went a shade faster than usual and came unstuck with 200 meters to go. Then it was back to Eoin in the triple jump and while he was in the medals from the 1<sup>st</sup> round with 13.35 it was the 5<sup>th</sup> round 13.51 which ensured he took his 1<sup>st</sup> National Senior Title. Congratulations to Eoin on his National crown and to his coach and father Michael on this major achievement.*