

## January 2007 Club Diary

- 09-12-'06 The uneven age group National cross country and novice were held in Athlone. Our numbers were scarce. In the boys U.11 James Moore in his race at this level ran an excellent race to finish 26<sup>th</sup> in a field of 139 and scored on the bronze medal Leinster team. Nessa Millet suffering from a cold was in the girls U.13. In the girls U.17 Ailish Brennan came back to form when she finished 20<sup>th</sup>. In the boys Brian Kelly was John Delaney Peter Farrell and Tony Pender In the girls U.19 Cheryl Nolan had a fine run for 7<sup>th</sup> and scored on the Leinster bronze medal team.
- 10-12-'06 A novelty 10K event was run through the port tunnel in Dublin. Our participants included:- Dale Kennedy, Joe Farrell, Charlie Murphy, Patrick Marshall, Colm Graham & Mrs.
- 11-12-'06 Club A.G.M. held in the clubhouse had a very small attendance with only 17 present.
- 12-12-'06 Final stage of the juvenile league was held with 48 participants.
- 15-12-'06 Children's Christmas party was held in the Dome with over 60 attending, appeared to have gone well.
- 19-12-'06 Club 1 mile handicap event was held on the track
- 26-12-'06 A fantastic turnout for the Annual St. Stephens day races. With many of those involved in the Fit4life programme turning out we had 67 participants in the ladies/boys U.14 1 lap while we had 29 in the men's 3 laps. Apologies for the chaos around the start but I hadn't bargained on such a fine turnout.
- 01-01-'07 The wellie race in Castlecomer drew it's usual large numbers. Breda Roche won the ladies with Billy O'Neill 3<sup>rd</sup> in the men's.
- 03-01-'07 A coaching meeting was held in the clubhouse with 10 present.
- 03-01-'07 Eoin Kelly went on a weeks warm weather training with DCU to Portugal.
- 04-01-'07 Paul Gillick organized a group of 18 who went ice skating to Dublin.
- 06-01-'07 The Stormont cross country international took place in Belfast. Ailish Brennan representing Leinster was 7<sup>th</sup> in the G.U.15 race. Brian Kelly was 10<sup>th</sup> in the B.U.15 race while Claire Phelan was 38<sup>th</sup> in the senior women.
- 06-01-'07 The Leinster star awards were held in the Seven Oaks, Carlow where Cheryl Nolan and Paul Byrne were the Laois juvenile recipients. The club was presented with the Mick Byrne (best indoor) received by Jimmy Whelan and the Eurotab (best U.16 – U.19 T & F) received by Marie Byrne cups.
- 08-01-'07 Club meeting in the clubhouse had the following in attendance:-
- 13&14-01-'07 First weekend in level 1 coaching course was held at the track with participants with the following from the club:- Ben Brennan, Michael Daly, Gerard Kelly, Jane Walsh and Elizabeth Brophy.
- 13-01-'07 National juvenile combined events were held in Nenagh where we had only 3 athletes participating. They gave off there best and finished in 4<sup>th</sup>, 2<sup>nd</sup> and 1<sup>st</sup>. Conor Daly was 4<sup>th</sup> U.14 with 2,140 points (11.3, 1.37, 3.55, 8.01 and 2-41). Francis Egan was 2<sup>nd</sup> U.18 with a points total off 4,073 (9.0, 1.77, 5.87, 10.25 and 2-16.9), while Paul Byrne won the U.18 with 4,236 points (8.8, 1.86, 6.11, 9.89 and 2-20)

- 14-01-'07 AAI games were held in Nenagh saw Sinead Kelly have her first trip over 1,000 where she finished 6<sup>th</sup> in 3-06.75. Paul Gillick had his indoor baptism over 400 where he hit the wall early and posted Eoin Kelly made it a winning start when getting out to 13.75 in the triple jump.
- 17-01-'07 Laois secondary schools cross country were held in Ballyfin
- 20-01-'07 National masters indoors were held in Nenagh saw Colm Burke retain his two titles with victory in the O.40 – 1500 in 4-21.22 and in the 3000 in 9-12.31. John Territt took the silver in the O.45 section in the shot with 9.33
- 21-01-'07 Leinster juvenile relays and junior and senior cross country were held in Tinryland where our girls U.14 team of Saragh Buggy, Megan Dunne, Andrea Burke and Nessa Millet and our boys U.16 team of Francis Egan, Brian Kelly, John Delaney and Tony Pender both take gold. The girls U.16 team of Shauna Daly, Grace Miller, Sarah Fleming, Sinead O’Gorman and Ailish Brennan were a close 4<sup>th</sup>. Boys U.12 unlucky dropped the baton early on while girls U.12, 2<sup>nd</sup> team in the girls U.14 and the boys U.14 were down the field. James O’Regan was our sole representative in the junior men where he finished 23<sup>rd</sup> and scored on the Laois silver medal team. Claire Phelan had a good run for 6<sup>th</sup> in the senior ladies while Colm Burke considering his previous days exertions was very happy with 11<sup>th</sup> scoring on the bronze medal Laois team. We had a senior men’s club team which was a welcome change where we finished thanks to Colm, Colm McEvoy 51<sup>st</sup>, Damien Dunne 67<sup>th</sup> and Dinny Whelan 80<sup>th</sup>.
- 22-01-'07 Laois A.G.M. held in Ballyfin community hall, was attended by Elizabeth Brophy, Jimmy Whelan, Dick Mullins and Patrick Kelly, with Dick being re-elected P.R.O. and Pat secretary.
- 27-01-'07 National indoor senior combined events and relays were held in Nenagh
- 28-01-'07 Leinster indoors were held in Nenagh where quite a number of our members decided not to participate. Never the less those that did performed well. Shauna Daly was 2<sup>nd</sup> U.17 shot with 9.93, Sarah Kelly 3<sup>rd</sup> U.18 – 1500 in 6-18.64, Una Shore 4<sup>th</sup> U.18 H.J. with 1.20 and 3<sup>rd</sup> in T.J. with 8.65, Cheryl Nolan 1<sup>st</sup> U.19 1500 in 5-07.2, 1<sup>st</sup> T.J. with 9.68, and 2<sup>nd</sup> shot with 8.75, while our ladies team of Sarah Kelly, Uba Shore, Shauna Daly and Aishling Kelly won the junior 4 x 200. Francis Egan was 2<sup>nd</sup> in both the hurdles 9.12 and the H.J. with 1.75 U.17, Paul Byrne won the U.18 hurdles in 9.00 and was 2<sup>nd</sup> in the H.J. with 1.90, Barry Pender was 3<sup>rd</sup> in the U.18 H.J. with 1.85. Paul Gillick won the U.19 200 in 24.36 while John Territt won the H.J. with 1.45 and the shot with 10.07 in the over 45 and took 2<sup>nd</sup> in the L.J. with 4.54. Our junior mens team were 2<sup>nd</sup> in the 4 x 200 – members being Paul Byrne, Paul Gillick, Niall Bergin and Francis Egan
- 28-01-'07 County novice and masters road championships were held in Portarlinton where Hilary Jenkinson in her 1<sup>st</sup> race for the club won the ladies novice title, what a pity we could not field a team to support her. Colm McEvoy had a superb run in the mens event when finishing 3<sup>rd</sup> and leading the team to the title with Patrick Marshall, Declan Byrne and Damien Dunne scoring. Thanks to the effort of Colm Graham we had a good turnout here. Colm Burke took the masters over 40 title while Dinny Whelan was 2<sup>nd</sup> in the masters over 50.