

1st Feb'17

Indoors

It was a busy weekend of indoor athletics with athletes competing on the Saturday in the 2nd round of the indoor league while several Juniors and u23's were out at the National Juniors and U23 Championships in AIT on the Sunday. Our juniors and u23s had a successful Championships with Medals coming from Daena Kealy with a gold in the junior HJ clearing 1.65m and silvers coming from Nicole Kehoe Dowling in the junior shot with a P.B of 10.92m and Siobhan Nash in the u23 3k walk with a time of 15.40. Eoghan Buggy ran 50.72s finishing 5th in the final of the u23 400m, while Aoife Campion ran 63.15 for 4th in the u23 women's final. In the middle distance event, Cian Kelly ran 4.09.69 in the junior 1500 finishing 7th, while Maebh Maher was 6th in the junior 800m with 2.27.86. It was a busy day for Matthew Rossiter, coming 5th in the junior TJ with 11.80, 7th in the HJ with a clearance of 1.55m and finished just outside the medals with 4th place in the PV with a clearance of 3.60m. Claire Delaney also competing in the PV cleared 2.60m for 8th place.

At the second round of the indoor league, five of our athletes competed as guests with the highlight of the day being PB's from John Fenlon in the 1500m running 4.04 and Maisy O'sullivan running 4.28.86 also over 1500m. Saragh Buggy opened her indoor season in fine form jumping 12.88m in the women's TJ while Conor Daly Jumper 12.91 in the men's.

Charlie Curran 5k & 10k

The Charlie Curran memorial 5k and 10k took place in Carlow on Sunday. Colette English placed 8th in the 5k with a time of 19.50, Sharon Buggy finished 27th in 23.41, Sinead Milton was 107th in 28.33, Carmel Hughes came in 173rd in 31.17 and Noeleen Condron finished 181st in 32.05. While in the 10k Dinny Whelan ran 1.01.55 to place 207th.

South Leinster Schools Cross Country

Several of our member were out today for the South Leinster school's cross country held in Stradbally on a Damp morning. Highlights of the day being a win for Cian Kelly in the senior, Becky Fenlon took home a bronze while Maebh Maher and Amy Brennan had high finishes to secure qualification for the Leinster schools the 15th February.