

1st Mar'17

Leinster Indoors

It was a busy weekend of indoor athletics as Day 3 and 4 of the Leinster Indoors took place. Day 3 saw many fine performances from our Juvenile athletes in the NIA in Abbotstown. Aoife Gallagher won the u16 TJ with a jump of 8.70m and Laura Graham won the u19 TJ with a leap of 8.74m. In the boys u18 TJ Matthew Rossiter jumped 12.01m to win and also cleared 3.40m to take the gold in the pole vault. Nicole Kehoe Dowling threw a PB of 11.15m for 2nd in the girls u19 shot. In the HJ Ruby Millet took gold in the girls u17 with a clearance of 1.65m while Daena Kealy took gold in the u18's, also clearing 1.65m. TJ Burke ran 4.55 for 14th place in the u16 1500m.

The following day was day 4 where we had a big turnout for the Junior, Senior & Master indoor championships. The highlights of the day being the three championships records set, one by Saragh Buggy in the senior women's TJ with 13.21m for the win, another by Jamie Pender in the junior men's 400m with 49.30 to take gold and the third by John Fenlon in the m40 1500m with a time of 4.12.94. Eoghan Buggy capped off his indoor season with another quick 400m with 50.18 to win the senior, while Aran Murphy finished 12th with 55.12. Matthew Rossiter had a busy day finishing 3rd in the junior LJ with 5.78m, 4th in the TJ with 11.57m and 2nd in the PV with a new PB of 3.70m. Claire Delaney cleared 2.50m for 3rd in junior women's PV. David Baldwin was 3rd in the junior TJ jumping 11.60m. Nicole Kehoe Dowling went in the junior women's SP and went over 11m again with a throw of 11.08m to win.

John Territ won both the shot and HJ in the m55 throwing 9.98m and clearing 1.35m. Patsy Baldwin was 3rd in the m45 HJ with a fine clearance of 1.40m. Over the 3k, Colm Burke had a fine run to win the m50 with a time of 9.57, Liam Byrne won the m45 with 10.15, Peter Baldwin was 5th m45 with 11.29 and Colette English was 2nd w40. In the ladies w40 400m, Margo Dowling placed 4th in a time of 73.32 and Sharon Buggy was 5th in 75.32. Mary Boylan competed in the w40 200m and finished 4th with 30.80 and she was also 3rd in the 60 m.

Our master's athletes capped off a long day by fielding a men and a women's 4x400m relay team. The Ladies team, comprised of Sharon, Colette, Margo and Mary won the masters race while the men's team made up of Colm, Patsy, Peter and Liam men's o45. Well done to all who made the trip to Dublin.