

2<sup>nd</sup> Mar'16

Dineen's School's Quiz Our Annual primary schools table quiz kindly sponsored by 'Dineen Refractories is currently taking place and as usual is well supported by all the local schools. Thanks to Pat Whelan and team for looking after same.

Big Excursion to Cork In the region of 25 members are off to the famous Ballycotton 10 miler this weekend. Best wishes to all those travelling.

Downey's on Board Kilcavan was the new venue and Downey's auto were the new sponsors when the Laois intermediate road championships were decided over the weekend. Our juvenile members to feature included – Niall Egan 6<sup>th</sup> U.17, Seoighe English 2<sup>nd</sup> U.15, Audrey Byrne 3<sup>rd</sup> U.12, Timmy Byrne 9<sup>th</sup> U.12, Adam Buggy 1<sup>st</sup> U.12, Killian Buggy 8<sup>th</sup> U.9 and Cara English 1<sup>st</sup> U.9 The intermediate ladies saw us muster 3 for the event with Linda Fay 8<sup>th</sup>, Sharon Buggy 10<sup>th</sup> and Kate Bermingham 13<sup>th</sup>. In the men's event over 6k we were led home by Colin Coyne in 7<sup>th</sup>, James Nolan was 11<sup>th</sup>, Liam Byrne 18<sup>th</sup>, Conor Barry 19<sup>th</sup>, Peadar Owens 20<sup>th</sup>, Niall English 23<sup>rd</sup>, Michael O'Connor 25<sup>th</sup> and Francis Fleming 26<sup>th</sup>.

Sportshall Activities Currently in full swing at the club grounds is the Laois Sports Partnership promotion of sports hall athletics. Many thanks to all the schools for getting involved and to LSP for the fine job they are doing.

Coaching Course Saturday 12<sup>th</sup> March will see an introductory coaching course for anyone interested in becoming involved in coaching in the club grounds. It is an ideal opportunity for those interested in the sport of athletics to learn how to teach the basics. Why not give it a go and sign up immediately in the clubhouse.

Saragh Soars to Numero Uno The Glo Health National Senior indoor championships were decided in the Athlone International Arena over the weekend. While our numbers were down on the past couple of years, those present acquitted themselves well. Katie Brennan ran 8.37 for the 60 and 28.27 for 200. Jamie Pender ran a P.B. of 7.25 for the 60 and unfortunately pulled a hamstring in the 200. Conor Daly was 5<sup>th</sup> in the triple jump with 13.19 It was great to see Siobhan Nash and performing well. While not back to her previous standard she showed she was on the right road to take the bronze medal in the 3K walk in a time of 15-51.17 This left Saragh Buggy our final competitor competing in the final event of the championships, the triple jump. Coming into the championships in excellent shape she was all out to have a crack at winning the title. Having several silver medals the target was gold. Jumping P.B's of 12.57 followed by 12.68 and then to complete an outstanding performance of 12.71 and lift her first senior National title. The many hours, days, weeks, months and years were rewarded in a fine afternoon's performance. Congratulations Saragh.