

3rd May'17

Club Open Sports

The 22rd annual Club open sports had an excellent turnout from near and far on a sunny bank holiday Monday, with many fine performances on show. It was St. Laurence O Toole's who won overall on the day to take the Monavea Shield back to Carlow. Many thanks to all our volunteers who turned up to help on the day, it is very much appreciated. It was great to see the meet being run so efficiently especially with the fine turnout and the large programme of events. The good weather helped also.

Elsewhere over the week, Amy Brennan, representing Castlecomer community school was 3rd in minor girls 100mH at the south Leinster school track & field championship. Nessa Millet showed some great early season form in taking the bronze medal in the 400mH in 61.08 in the British University championships, representing Loughborough university. Nessa was then part of the Loughborough 4x400m team who took gold in a time of 3.46.37.

Leinster Novice and Masters Road Championships.

It was a successful day for the club in Gowran for the Leinster Novice and Master road championships with many medals being won by club members. In the master men's 6k John Fenlon won overall and 1st m40, Stephen Hunter 2nd m35, Colm Burke 1st m50, Liam Byrne 7th m45, Francis Fleming 2nd m60, Paddy Harding 2nd m65 and Dinny Whelan 4th m65. The Club team of John, Colm, Stephen and Liam were 4th. John, Colm and Stephen made the county team which finished 2nd. In the Novice men's John Fenlon ran again finishing 6th, with Sean Geoghan 9th, James Griffin 27th and James Nolan 42. The four novice men made up a club team who finished 4th. John, Sea and James Griffin were scorers for the county novice team who took the bronze.

In the master women's 3k Colette English was 9th overall and 6th f40, Margo Dowling 8th f40, Catriona McDonald 10th f35, Mairead Moore 7th f45, Deirdre Brennan 13th f40, Ann Nichol 2nd f50, Colette Brennan 2nd f55 and Maura Fleming 1st f60. The overall master club team of Colette, Margo and Catriona were 5th. In the novice women's 3k Sinead Kelly finished 10th, Mary Ellen Doyle 20th, Sharon Buggy 31st, Kate Birmingham 33rd and Carmel Hughes 35th. Well done to all.

JF Sports Fit4Life league

The Fit4Life Summer League gets underway on Wednesday 10th May in Luggacurren. Please arrive early for registration which take place from 6.45 in the local hall with the race starting at 7.30pm sharp. Application forms for the Summer Camp which is on early in August are available in the clubhouse.