

5<sup>th</sup> July'17

### **International call ups.**

Congratulations to Ruby Millet and Jamie Pender who have both been selected for upcoming international events. Ruby Millet has been selected for the long jump to represent Ireland at the European Youth Olympic Festival in Győr, Hungary. Jamie Pender has been selected to represent Ireland in the 4x400m at the European Junior Championships in Grosseto, Italy. A big experience for both young athletes and we wish them the very best.

### **National Juniors and U23s**

The National Junior & u23 champs were held in Tullamore on Saturday with 2 golds and silver making their way back to Monavea. Jamie Pender ran two classy races in the junior men's 400m, running 48.42 in the heats and then running 48.47 three hours later in the final to take the gold medal. Another gold came from Daena Kealy who won the junior women high jump with a clearance of 1.68m. Nicole Kehoe Dowling won a silver in the junior shot with a throw of 10.96m. Matthew Rossiter finished just outside the medals in the junior men's triple jump with a 4<sup>th</sup> place finish with David Baldwin also in the triple jump finishing 5<sup>th</sup>. Maebh Maher went in the junior women's 800m and finished in 10<sup>th</sup> with a time of 2.32. Eoghan Buggy was out sole u23 competitor and he went in the 400m where he finished 7<sup>th</sup> in the final running 50.46, well done all.

### **National Masters**

The National Masters track and field Championships took place in Tullamore on Sunday last and the club was well represented, bring home seven individual medals and a set of gold relay medals by the ladies' master's 4x400m team. Results as follows: Colette Brennan 3km walk 2<sup>nd</sup> w55, 3rd w55 4.05.97, 1<sup>st</sup> w55 1500m 8.08, Sharon Buggy 800m 7<sup>th</sup> w40 2.56.09, Margo Dowling 800m 2nd w45 2.39.52, Ann Nichol 6<sup>th</sup> w50 3.04.25, 5<sup>th</sup> w50 400m 1.20, Mary Boylan 4<sup>th</sup> w40 1.09, Margo Dowling 2<sup>nd</sup> w45 1.10, Colette English 5<sup>th</sup> w40 1500m 5.09.62, Stephen Hunter 3<sup>rd</sup> m35 1500m 4.13 and Dick Mullins 2<sup>nd</sup> m70 5k 22.59. The women's 4x400m team was made up of Colette English, Sharon Buggy, Margo Dowling and Mary Boylan. Well done all.

### **Summer Camp**

Summer Camp Filling Up All those interested in the club's annual summer camp are requested to submit your entry a.s.a.p. as numbers are filling up