

10th Feb'16

Saragh in fine form

The AAI games were decided in Athlone over the weekend. The club had 8 athletes participating and each performed admirably. Tom Barry in his first outing for the club clocked 7.85 for the 60, Katie Brennan registered 8.27 while Barry Regan clocked 7.27 (Progressing nicely). Conor Daly was 4th in the T.J. with 13.05 and Craig Coffey was 3rd in the H.J. with 1.85. Shauna Daly recorded 28.32 for the 200 with Eoghan Buggy running a P.B. for 400 in 50.45 with sister Saragh 1st in the triple jump with 12.58 a new indoor P.B.

Leinster Schools Success

Santry was the venue for the Leinster schools cross country last Wednesday. Several club athletes took part representing their school it was good to see so many parents out supporting, hopefully they enjoyed, what was a beautiful day. With a place in the top 15 being eagerly sought to qualify for the All-Irelands in Sligo on the 5th March it was keen competition from start to finish. T. J. Burke had a fine run on his return from a dose of the flu. Maebh Maher also showed good form after her fine run in Heywood, while Keelan Mulhall will have benefited greatly from the experience. Rebecca Fenlon competing at this level for the first time and though missing a few places at the finish crossed the line in 13th place. Caragh Maher started slowly and moved steadily through the field to finish in 9th place and looked very impressive and strong at the finish. Josh Lacey was the revelation on the day. In the Knockbeg strip he put himself on the line from the off and held on for an unbelievable 8th place finish. Cian Kelly in the inter boys was another to apply himself from the off always being in the top 12, Fighting for every place he made it up to finish a fine 6th. In the senior girls Caitlin McDonald had to be happy as she made her way right through from the back to get up for 14th place and a nice qualification for those All-Irelands in Sligo.

Colette & Stephen score on the Heath.

A number of club members made it to the Heath on Sunday last where Colette English made it in to 3rd place in the ladies with Stephen Lawlor going one better finishing 2nd in the men.