

10<sup>th</sup> May'17

### **Downeys Nissan Day 1 – Laois County T&F Championships**

It was a beautiful evening in Monavea for Day 1 of the county T&F championships with tough competition between the county clubs. Thanks to all those who participated and helped out on the night. We had several medal winners on the night, included among these were:

Cara English u9 1<sup>st</sup> 60m 1<sup>st</sup> LJ, Emma Malone u9 2<sup>nd</sup> 60m 3<sup>rd</sup> LJ, Fionnan Brennan 3<sup>rd</sup> u9 60m, Timmy Bryne u11 1<sup>st</sup> 60m 1<sup>st</sup> LJ, Adam Farrell u11 3<sup>rd</sup> 60m 2<sup>nd</sup> LJ, Eoin Cawley u13 2<sup>nd</sup> 60m 3<sup>rd</sup> LJ 3<sup>rd</sup> Jav, Aisling Crawley u11 2<sup>nd</sup> LJ 2<sup>nd</sup> Turbo Jav, Kate McGrath u11 3<sup>rd</sup> LJ, Maya Brennan u13 1<sup>st</sup> LJ 1<sup>st</sup> HJ 3<sup>rd</sup> Jav, Seoighe English u15 1<sup>st</sup> LJ u14 1<sup>st</sup> HJ 2<sup>nd</sup> Jav, Tiernan Patterson u9 3<sup>rd</sup> LJ, Shane Buggy u15 3<sup>rd</sup> LJ 2<sup>nd</sup> Jav, Sarah Graham u16 1<sup>st</sup> HJ, Maebh Gallagher u14 2<sup>nd</sup> HJ, Tom Buggy Jnr 1<sup>st</sup> SP, Cody Tunstead Jnr 2<sup>nd</sup> SP, Eabha Kehoe u11 1<sup>st</sup> Turbo Jav, Sinead Kelly 1<sup>st</sup> 3k, Catriona McDonald 1<sup>st</sup> 035 3k, Sharon Buggy 2<sup>nd</sup> 035 3k, Com Burke 1<sup>st</sup> 045 3k, Bernard Graham 2<sup>nd</sup> SP, John Territ 3<sup>rd</sup> SP, Bernard Graham 2<sup>nd</sup> 56lbs, Gavin Condron 3<sup>rd</sup> 56lbs, Snr women 4x100m 1<sup>st</sup>, Snr men 4x100 2<sup>nd</sup>.

### **South Leinster Schools**

Many of our juvenile athlete were out in force representing their schools in the south Leinster school's T&F championship in Waterford. We had over 7 winners with 12 athletes qualifying for the Leinster schools which takes place in 2 week in Santry. Performance of the day was Jamie Pender who ran a tactical 400m race in tough conditions to win and set a championship record of 49.3 for his first ever outdoor 400m race. Well done to all and best of luck at the Leinster Championships.

Elsewhere over the weekend, Maisy O'Sullivan ran a PB of 4.24.16 to win the 1500m in the Irish Milers open in Greystones. Maisy was also selected by Athletics Leinster for the Irish team to compete at the CSIT games in Riga, Latvia from 13-18 June. Also in Greystones, Eoghan Buggy ran 49.82 over 400m for 2<sup>nd</sup> in the 'A' race, Eoghan is showing some excellent early season form.

Stephen Hunter won the Ballyfin promoted Deadmans Dash 7k while others to represent club included Colette English, Sinead Kelly, Anthony Brennan, Sharon Buggy, Dinny Whelan, Carmel Hughes and Pauline Doyle.

### **Club Training**

Club training Tues & Friday 7.30pm-9pm

Fit4Life Mon & Wed 7.30pm