

12th July 17

National Juveniles

The first weekend of the National Juvenile Championships got underway last weekend. The clubs stand out performance of the champs so far was Eadaoin Coady who took the gold medal in u15 girls hammer with a throw of 40.50m. Cara Maher had a fine run in the u17 girls 800m, running a time of 2.22 to finish in 6th place. Cian Kelly went in the boys u18 800m, taking 8th place in the final with a run of 2.08. Our sole Sprinter of the weekend was Josh McDonald who ran 12.93 in the u15 boys 100m to finish 7th in his heat. Well done all.

The Belfast international attracted some of our senior athletes on Wednesday last. Saragh Buggy won the women's triple jump with a leap of 13.13. Paul Byrne won the 400mh in 51.33, Nessa Millet was 5th in the women's 400mh in 62.21.

Paul Runs World University Standard.

Over the weekend Saragh and Eoghan Buggy and Paul Byrne competed in the Brussels Grand Prix. Paul Byrne smashed his 400mh PB, running a time of 50.03 and achieving a World Universities standard. Eoghan Buggy moved down a distance to race the 200m, running 22.80. Saragh Buggy won the triple jump with a jump of 13.16. Well done all

Best of luck to Jamie Pender who travels to Grosseto, Italy with the Irish team to compete in the European junior Championships in the junior men's 4x400m team.

JF sports Fit4Life Summer League

Stage 5 of the JF sports fit4life league took place in Moneenroe with a total turnout of 130 runners. The men's event was won by Brian Kirwan of St. Laurence O'Tooles with his club mate Mick Kelly in second. The first women home was Colette English, followed by Sinead Kelly.