

14<sup>th</sup> Jun'17

### **Euro relay Qualifier for Pender**

On a damp Wednesday night in Santry last week, the Irish u20 and u23 4x400m relays squads both attempted to achieve Euro qualifying standards for the upcoming European Championships. Jamie Pender led off the junior team and had a very strong run, handing the baton over in a good position with the team coming home to a time of 3.13.76, well inside the Euro Junior standard of 3.18. The European Junior Championships will take place in Italy 20-23 July. Eoghan Buggy ran a strong second leg for the U23 'B' team in the same race who finished with a time of 3.16.41.

Paul Byrne made the trip to Geneva with training partner Tom Barr to race over the 400mH. In a tough race in very hot conditions Paul ran 52.04 to finish 3<sup>rd</sup> in his race.

Paul in Geneva 52.04

### **Saragh makes Irish Team**

Well done and best of luck to Saragh Buggy who has been selected to compete in the women's triple jump on the Irish team for the European team cup in Finland 23<sup>rd</sup> - 25<sup>th</sup>. In the Northern Ireland Open championships Saragh Buggy came close to a PB with a leap of 13.18m to win the senior women's triple jump. While younger sibling Eoghan went in the 400m, finishing in 6<sup>th</sup> in 49.37, showing some very consistent form.

### **GV ryan meet.**

Irishtown was the venue for the GV ryan and Irish milers meet over the weekend with several of our middle-distance athletes featuring on the day. Cormac Kelly finished 9<sup>th</sup> in the 'A' 800m in a time of 1.53.13, in the 'C' 800m John Fenlon ran 2.01.04 and Cian Kelly ran 2.05.33. Over 1500m Stephen Hunter ran 4.19 and Proctor Geoghan ran 4.22.

### **Fit4life League**

The third round of the JF sports Fit4Life league got under way in Newtown on a Showery evening with 119 finishers in the 4k and 28 runners in the juvenile race for a total turnout of 147. Mick Kelly was 1<sup>st</sup> man home in a time of 13.10, followed closely by Colm burke in 13.20, first lady home was Colette English in 15.25. Well done and thanks to all for turning out.

### **Club Training**

Club training Tues & Friday 7.30pm-9pm

Fit4Life Mon & Wed 7.30pm

The Club Summer camp takes place august 8<sup>th</sup> till 11<sup>th</sup>, sign up forms available in the clubhouse. Sign up now to avoid disappointment.