

17thFeb'16

### New Record for Saragh

Club athletes represented several Universities and Colleges when the Universities indoor championships were decided in the Athlone International Arena last week. While we had 7 men doing the business it was the 3 ladies that brought home the medals. Barry Regan ITC missed out on making the 60 final by the narrowest of margins one hundredth of a second when clocking 7.15 seconds. Eoghan Buggy DCU continued his good form with another P.B. with 50.80 over the 400. James Moore WIT registered 2-02.50 for 800 while Aran Murphy ITC finished with 2-04.30. Craig Coffey ITC did the H.J. 1.80 and the L.J. with Conor Daly DCU cleared 3.40 for 7<sup>th</sup> in the P.V. Paul Byrne UL did the H.J. was 4<sup>th</sup> in the 60 hurdles in 8.4- and was a member of the winning University of Limerick 4 x 200 relay which set a new university record of 86.94 seconds.

Siobhan Nash DCU made a welcome return to take the silver medal in the 1500 walk in a fine time of 7-13. It was silver also for Emma Daly DCU in the 8 kg for distance with a throw of 7.39 meters. The stand out performance came from the inform Saragh Buggy DCU to win the triple jump in a new Universities record of 12.68 meters. Best wishes to all those competing in the National senior indoors next weekend.

### Leinsters off to a good start

Days 1 & 2 of the Leinster indoors drew big numbers to Athlone for the two days. A good turnout from the club thanks to the parents saw some fine performances. Included in this were Adam Buggy, Jack Fenlon and Eoin Cawley in the 600 and L.J. Eoin had a fine run to qualify for 600 final where he showed plenty of guts to come back over the last 100 meters to finish an excellent 5<sup>th</sup>. Our girls U.12 relay of Katie Brennan, Aoibhin McDonald, Audrey Byrne and Niamh Graham will have benefited from the experience. Seoighe English had a splendid run to qualify for the 600 final where she gave it everything as she did in the H.J. Girls U.16 relay qualified comfortably for the final winning their heat and were just out of the medals in the final team – Ruby Millet, Orla Davis, Caragh Maher and Ciara Harrington. Ciara also did well in the hurdles and high jump with Caragh Maher having fine runs in both the 800 and 1500 finishing a close 4<sup>th</sup> in both. Aoife Gallagher did the 800 as did Josh Lacey, and T.J. Burke. Killian Mulhall had a fine run over 1500 as did Maebh Maher. Sarah Graham registered 8<sup>th</sup> in the shot and 5<sup>th</sup> in the H.J.

The girls U.18 won bronze over the 4 x 200 relay with Maebh Maher, Claire Delaney, Niamh Moore and Laura Graham on the team. Maebh went on to win the silver in the H.J. with 1.50, with Clare having an excellent day to take gold in the pole vault with a P.B. of 2.50 meters. It was bronze for Matthew Rossiter (his first Leinster) in the P.V. Amy Brennan ran away with her heat in the 60 hurdles and came out flying to take silver in the final. Nicole Kehoe/Dowling had a fine series of throws to win silver in the shot with a putt of 11.89 meters. Ruby Millet had to settle for bronze in the hurdles but it was a clear gold in the L.J. with a leap of 5.34 meters. Jamie Pender ran a blinder to take the 200 on the line for his first Leinster gold. Days 3 & 4 on the 5<sup>th</sup> & 6<sup>th</sup> March fill in entry form in clubhouse.

### P.B's on the move

The news from the States continues to be good with Cheryl Nolan winning the Samford Invitational over 3K in Alabama in a new P.B. of 9-41, while nearer to home it was P.B. territory for Stephen Lawlor clocking 32-03 for 10 K in the Enniscorthy road race.

### Registration

Friday 28<sup>th</sup> February has been set aside for those interested in registering or signing up with the club for the coming year. Any queries welcome. A group of around 40 assembled in Ballylinan on Saturday morning for the Fit4Life 4K trip. Thanks to Eamon Baldwin and his team. Meet on the track Mondays and Wednesdays @ 7.30