

17th May'17

County Champs Day 2

Day 2 of the County track and field champs got under way Friday last in very wet conditions in Monavea. Club numbers were down on last year although we still had over 20 individuals take home medals. Well done to all who togged out and a special thanks to all the club officials who helped out on the night.

Individual medallists were: -Sarah Graham u17 100m 3rd ,LJ 1st,TJ 1st, Jav 1st ,u17 Dis 1st,u16 SP 1st , Cara English u10 300m 1st, Ciara Milton and Emma Malone u10 300m joint 3rd, Ciara Malone u12 600m 1st, Jack Milton u12 600m 2nd HJ 2nd, Seoige English u14 800m 1st, Jack Fenlon u14 800m 1st, Eoin Cawley u14 800m 2nd, Adam Buggy u14 800m 3rd, TJ Burke u17 LJ 3rd u16 HJ 1st, Amy Handcock u12 SP 1st, Amy Brennan u14 SP 1st, Niamh Graham u14 SP 3rd, Rebecca Fahy u16 SP 3rd, u17 Dis 2nd, Jamie Conway u14 SP 2nd, Ivan Jones u16 SP 1st,cu17 Jav 2nd, William Kelly u16 SP 2nd, Coady Tunstead u17 Jav 1st, Jun Jav 1st, Nicole K. Dowling u19 Dis 1st, Craig Coffey HJ 1st, Colm Burke HJ 2nd, David McDonald 200m 3rd and Laura Graham TJ 1st,

In the relays, we also took home several medals: - Girls u10 1st & 3rd, boys u10 1st & 3rd, girls u12 3rd, boys u12 1st, Girls u14 2nd, boys u14 1st & 3rd.

Ton Le Gaoithe, sprint meet.

On Saturday, two of our 400m sprinter picked up Irish caps when they were involved in relay qualification attempts for upcoming European Jun & u23 championships. Eoghan Buggy ran the first leg in a u23 Irish team who ran 3.20.77 while Jamie Pender ran the second leg of the junior 4x400m who ran 3.18.6, just outside the European junior standard of 3.18. Both sprinter also ran a 200m earlier in the day with Eoghan Buggy running 22.63 and Jamie Pender running 22.11. In the Jumps on the day Daena Kealy was 2nd in the HJ and Barry Pender won the men's HJ.

Across the pond Cormac Kelly ran a 1500m PB of 3.49.74 to finish 4th in the final of the Southland Conference Championships.

JF Sports Fit4Life League

The league got underway in Luggacurren on a warm evening with a fine turnout of 141 runners in the 4k and 9 juveniles in the 1k. Brian Kirwan was the first across the line with Tommy Payne coming in second. Colette English was first lady home take the lead in the ladies. Rossmore is the venue for round 2 on Wednesday 24th May with registration from 6.30pm.