

18th Jan'17

Club Performances Club Members took part in a wide range of events and venues over the past week. Included among these were Stephen Hunter and Liam Byrne in the Leinster Masters cross country in Dunboyne. Stephen was 11th and scored on the Laois silver medal team, while Liam was 76th. Also in Dunboyne the juvenile cross country relays were held and our B.U.12 had a fine run for 7th place team consisting of Harry Gordan, Jack Milton, Timmy Byrne and Evan English. The B.U.14 put in an excellent performance and came away with silver medals the team made up of Adam Buggy, Lee Murray, Jack Fenlon and Eoin Cawley. It was up to Athlone International arena for another quartet of club members with Claire Delaney clearing 2.60 in the pole vault, Matthew Rossiter clearing 3.20 in the pole vault, Nicole Kehoe/Dowling got the shot out to 10.49 meters while Barry Regan clocked 7.55 seconds for the 60 meters. John Fenlon and Cian Kelly also went to AIT for the Galway indoors where they competed as guests, John clocking 8-58 for a new P.B. over 3K while Cian clocked 4-13 for his trip over 1500. A group of ladies decided to travel to Nenagh to participate as guests in the Munster indoors over 800 meters with Lauryn Kealy 6th in 2-32.70, Maebh Maher 7th in 2-33.20 and Caragh Maher 8th in 2-33.27

Leinster Indoors For those interested the first weekend is in Athlone on the 11th & 12th February while the 2nd weekend will be in the new indoor arena in Abbotstown on the 25th & 26th February. Please fill in entry details a.s.a.p. details on notice board. In the DCU invitational cross country several club members featured on the Knockbeg cross country teams with Oisin Hooney having an excellent race to finish 2nd and lead his team to 6th. T. J. Burke showed a welcome return to form.

Membership Forms are available in the clubhouse and all are asked to complete and return with appropriate fees a.s.a.p. Also anyone interested in joining the club are more than welcome to come along on Tuesday's or Friday's and talk to one of the club coaches. Fit4Life enthusiasts are welcome to the track on Monday's and Wednesday's and join in with Noeleen, Bernard and Ben from 7.30 onwards.