

20th April'16

Saragh Sets Another Record The Universities T & F championships were decided in typical April weather in the Morton stadium over the weekend. The sun gave way to rain with some mighty blasts of wind. Our 10 members represented their college/university in style. Aran Murphy was out in the Carlow IT colours in the 800 with James Moore in the Waterford strip also going in the 800. Barry Regan was on the Carlow 4 x 100 which unfortunately failed to finish as they did last year when fielding a crack squad. Craig Coffey was another to wear the Carlow colours in the high jump. Eoghan Buggy represented DCU in the 200 where he clocked 23.40 seconds and was a member of the winning 4 x 400 relay. Conor Daly also wore the DCU colours when finishing 5th in the pole vault with a 3.60 clearance. Sister Emma also had the DCU outfit when finishing 5th in the hammer with 39.55, 8th in the javelin and took the silver medal in the weight for distance with a throw of 7.73 Siobhan Nash showed good style and form to take bronze in the 1500 walk in 7-17.04, nice movement indeed. Paul Byrne had the 400 hurdles wrapped up when disaster struck at the 8th hurdle and he took what looked like an hour to eventually fall. His time on the ground was short and he was back fighting for the title (typical Paul) but had to settle for the silver. He scored on the U.L. 4 x 100 team which finished 2nd and the 4 x 400 team that finished 3rd you could say he had an eventful weekend. This left only herself to strike gold and sure enough she delivered once again. In the DCU colours Saragh Buggy went out to 12.63 for a facile victory and a new Universities record. A superb video of the ladies 4 x 400 is currently doing the round and well worth a watch. Rumour has it all let the hair down at the banquet.

Mighty Crowd at Student Games A record number of local schools turned out for the 43rd running of this event with Ardough, Arles, Ballyadams, Ballylinan, Clogh, Killeen, Killeshin, Mayo, Moneenroe, Newtown, The Swan, St. Fiacc's (Graiguecullen), and Wolfhill. Killeshin were out in force and retained the Social Service Cup. It was great to see such keen competition and some excellent performances. Special thanks to the teachers and parents for supporting the event. Perhaps you might continue to involve your children in the sport by bringing them along to training on Tuesdays and Fridays, all are welcome.

Barrowhouse 5K A big number of club members supported this event held in ideal conditions and on a relatively flat course which made for fast running. Stephen Lawlor was a clear winner in 15-34 with Cian Kelly running 16-34 for 2nd, James Nolan was 6th in 17-45, with Niall English 8th in 18-36 and Jack Lacey 9th in 18-40 and Peter Baldwin 10th in 18-58. Fergal Doyle was 12th in 19-45 and T J Burke 14th in 20-04, Caitriona McDonald 20th in 21-02, Mairead Moore 28th in 22-32, Denis Brophy 30th in 22-47, Anthony Brennan 34th in 23-47, Mary Boylan 37th in 24-23, Emma Baldwin 38th in 24-38, Pauline Doyle 47th in 27-21, Noeleen Condron 67th in 33-26, Mary Whelan 91st in 36-38 and Una Kelly 107th in 40-05 with 225 completing the course. A much smaller crew were present for the Ballylinan run on Saturday morning.

Cheryl Moves up in Distance Cheryl Nolan ventured into new terrain when she tackled the half marathon recently. She emerged victorious with over 10 minutes to spare on her nearest rival clocking 1 – 24.36 (84.36) for the Dock Rock half marathon in Jonesboro, Arkansas. In the Crookestown Millview open sports out medallists included Fionn, Maebh and Aoife Gallagher, Nicole Kehoe/Dowling, Ivan Jones, Caragh Maher and Ciara Harrington. Caragh also made the trip to Cork for the Leevale open sports and clocked 2-26.02 when winning the 800. James Griffin opened his

outdoor campaign when running the steeplechase in the Southern English League in the colours of Medway and Maidstone A.C.

Busy Schedule Ahead Club open sports is on the Bank holiday 2nd may if your around and free your more than welcome to give a hand. Day 1 of the Downey's county championships will be held at the track on Friday 6th May at 6.30 again your assistance is welcome. The South Leinster schools are scheduled for this week also in the Waterford sports centre a new venue with Scanlon Park being given a face lift.