

22nd Feb'17

National Indoor Championships.

it was a successful weekend for our track and field athletes competing at the highest level of the domestic indoor calendar in the National Senior Indoors, Abbotstown. Our jumpers did the business again bringing home a silver and a gold from Ruby Millet who was 2nd in the LJ with a jump of 5.69 and Saragh Buggy who won the TJ with a leap 12.86. This was Saragh's second indoor title in succession and caps off a fine indoor season. New personal bests were also set with Nicole Kehoe Dowling throwing 10.96m in the shot, Jamie Pender ran 50.13 in the heats of the 400m for 8th overall on times and Eoghan Buggy ran 49.61 in the heats of the 400m followed by a 5th place finish in the final with 49.70. Its looking like it's going to be a good summer for our long sprinters and we surely have the making of a strong 4x4 relay now. In the women's 400m Aoife Campion ran 62.04 for 4th in her heat. Daena Kealy cleared 1.60m in the HJ and in the 1500m Maisy O'Sullivan finished 5th in a competitive women's race with 4.32.35 while James Tyrell ran 4.25.25 in the men's.

In the British Universities Championships Nessa Millet had a fine run in the heats of the 400m running 57.75 to make it through to the semi-final where she was unfortunately disqualified.

Laois Intermediate Road Race Championships

Vicarstown was the venue for the County intermediate road race championships, hosted by Oughaval Ac and there were some fine performances from our club members. In the juvenile non-championship programme, our juveniles who ran were Cara English 1st u9, Heidi Buggy 10th u9, Maeve Brenna 3th u9, Kalem Buggy 2nd u9, James McGrath 7th u9, James Kovar 9th u9, Johnnie McGrath 13th u9, Rachel Ayres 2nd u11, Katie McGrath 4th u11, Caoimhe Brennan 11th u11, Aoibhinn Brennan 14th u11, Jack Fenlon 1st u13, Adam Buggy 2nd u13, Evan English 3rd u13, Seoighe English 1st u15, TJ Burke 2 u17.

In the intermediate we had eight ladies run, these were Sinead Kelly 2nd, Margo Dowling 10th, Sharon buggy 13th, Jocelyn Ayres 14th, Kate Bermingham 18th, Deirdre Brennan 19th, Colette Brennan 26th and Marie Fleming 28th. Sinead, Margo, Sharon and Jocelyn were 3rd team.

In the men's 6k, we had six runners, John Fenlon was 1st, Fred Ayres 4th, Sean Geoghan 5th, Liam Byrne 12th, and James Nolan 15th. John, Fred, Sean and Laim were 1st team also. Well done to all.

Laois Indoors

The Laois indoor championships will take place on the 4th of March in Athlone international Arena. This is one of the highlights of the Laois calendar and proves to be a great day of competition.