

24th May'17

Leinster Schools Track and Field

The Leinster Schools Track and field were held over two days last week and the club had big numbers out representing their schools. Day 1 results:-Oisin Hooney was 3rd in the minor 800 for Knockbeg in 2-13.40, Eadaoin Coady placed 2nd in the junior girl's hammer with a throw of 29.33m and Evan Dowling went in the minor H.J finishing 7th for Carlow C.B.S.

Day 2 results- Jamie Pender smashed his PB by a second to win the Senior 400m in 48.33, Daena Kealy equalled her PB to win the Senior girls HJ with a jump of 1.70m, Ruby Millet was in excellent form winning the intermediate LJ with a new Championship record of 5.74m and then went on to win the Intermediate HJ jumping 1.65m, Ger Kelly added more to his PB finishing 4th in the intermediate boys Hammer with a throw of 42.34m, Cian Kelly placed 5th in the senior 1500m with 4.08, Laura Graham was 5th in the Senior TJ with a jump of 9.17m and she was also on the St. Leos 4x300m who finished 3rd, Sarah Graham finished 3rd in the Intermediate Discus with a throw of 26.30m and Nicole Kehoe Dowling was 2nd in the Senior Shot with a PB of 11.53m and 3rd in the Discus with 31.24m. Well done to all Best of luck to those who qualified for the All-Ireland Schools on the 3rd June.

Nessa Millet Competed in the Loughborough International over the weekend in the Paula Radcliffe stadium where she ran the 400m in 62.36 to show some encouraging early season form.

Leinster Juvenile Relays

It was great to see such a large club turnout for the Leinster juvenile relay championships last weekend in Leixlip. Well done to all who travelled and many thanks to all coaches and parent involved.

Results: - our girls u10 team ran 1.14, the u11 girls team ran 1.09.15, the u12 girls team ran 1.09.85, the u13 girls team ran a time of 1.05.86, the u14 girls team ran 1.00.29, In the U9 4x100m boys, the team finished in 8th in a time of 1.17.55, the u10 boys team were 16th overall in a time of 1.12.15, the u11 boys ran 1.10 to finish 10th, the u12 team finished 10th running a time of 1.03.97, the u13 boys finished in 9th with a time of 1.00.23 and the U14 boys 4x100m team finished in 8th place in the final with a time of 55.64.

Training Times

With the long evening's back, it's a great time to get active and back into some training. Our club training takes place every Tuesday and Friday night at 7.30pm-9pm with the Fit4Life group meeting every Monday and Wednesday (if there no league on) also at 7.30pm.