

26th July'17

National Track and Field Championships.

The Irish Life Health National track and field championships were decided in Morton stadium Santry over the weekend. Sarah Buggy was impressive in doing the double in winning the women's triple jump on the Saturday with a leap of 13.01, a championship record, and in winning the long jump on the Sunday with a jump of 5.87. Eoghan Buggy finished 2nd in the heat of the 400m, just missing out on a place in the final. He returned on the Sunday, this time in the 100m to beat 11sec in the "B" 100m final with a time of 10.98s. Cian Kelly ran a new PB of 1.55.74 to finish 4th in his heat. Paul Byrne took second place in the 400m in a time of 50.24 and Nessa Millet took gold in the women's 400m, running 61.34. Cheryl Nolan finished in 7th in the 5000m in a time of 17.31.

Internationals

Over in Grosseto Italy, Jamie Pender led off the junior men's 4x400m team at the European Junior Championships. The team finished 5th in their heat and 9th overall with a time of 3.14.97 just missing out on a place in the final.

Also on international duty, Ruby Millet was competing at the European Youth Olympic Festival in Győr, Hungary. She went in the Long jump where she finished in 5th place in her qualifying round with a jump of 5.37, missing out on a place in the final by 9cm.

Congrats to Paul Byrne on his selection to compete in the world student games in Taiwan 19-30 of August.

Fit4life league

Stage 6 of the Fit4life league took place on Wednesday evening in Ballylinan. The men's race saw a sprint finish which was won by Brian Kirwin in 13:05 with Aaron LasHeras in 2nd. First lady home was Sinead Kelly in 13.42 with Catriona McDonald in second. Round 7 will take place in St. Fiacc's Graiguecullen on 2nd of August.