

28<sup>th</sup> June'17

### **National League**

Our ladies and men's teams were in action over the weekend in the National League first round held in Tallaght. The ladies got off to a strong start, finishing with 91 points overall, placing 4<sup>th</sup> in their pool. This puts them in a strong position going into the second round near the end of July. Full points were taken in several events by the ladies, these included Nessa Millet in the 400m, Ruby Millet in the 100m, Nicole Kehoe Dowling in the Shot and Daena Kealy in the HJ. The Ladies 4x100m and 4x400m teams both took 5<sup>th</sup> place, Cara Maher finished 5<sup>th</sup> in the 1500m, Ailish Brennan was 5<sup>th</sup> in 400m, Nessa Millet was 3<sup>rd</sup> in the 200m, Maebh Maher was 5<sup>th</sup> in 800m, Emma Daly finished 3<sup>rd</sup> in the hammer and 5<sup>th</sup> in the javelin, Laura Graham placed 4<sup>th</sup> in the triple jump and Nicole Kehoe Dowling took 2<sup>nd</sup> in the Discus.

The men's team finished with 81 point overall, leaving them with a lot to do in the second round to guarantee a place in this year's league final. Full points were taken in the high jump by Barry Pender and in the 400m by Jamie Pender. Results as follows: Proctor Geoghan finished in 5<sup>th</sup> in the 1500m, James Griffin was 3<sup>rd</sup> in the steeplechase, Eoghan Buggy was 5<sup>th</sup> in the 200m and 3<sup>rd</sup> in the 100m, Cian Kelly placed 6<sup>th</sup> in the 800m, Stephen Hunter was 7<sup>th</sup> in 500m, Brandon Fennelly finished 2<sup>nd</sup> in the hammer and 7<sup>th</sup> in the long jump, Bernard Graham took 6<sup>th</sup> in the Shot and 5<sup>th</sup> in 56lbs, Barry Pender was 6<sup>th</sup> in javelin, Conor Daly was 5<sup>th</sup> in the TJ and 3<sup>rd</sup> in pole vault, Aidan Kelly was 5<sup>th</sup> in the discus and the men's 4x400m team were 4<sup>th</sup>. Thanks to all those who turned out and competed on the day.

### **Saragh in Vaasa**

Well done to Saragh Buggy who was part of the Irish Squad who finished 8<sup>th</sup> overall in the second tier of the European Team championships in Vaasa, Finland. Saragh finished in 6<sup>th</sup> place in the triple jump with a jump of 12.98m.

Also, abroad over the weekend was Paul Bynre who ran in the 400m in Nivelles on Saturday running 51.44 for 3<sup>rd</sup> in his race. Paul also ran in Lokeren on Sunday, running 51.38 for 2<sup>nd</sup> place.

At the Tailteann games Ruby Millet was 1<sup>st</sup> in the long jump and 5<sup>th</sup> in High jump, while Sarah Graham was 10<sup>th</sup> in the discus.

### **IMC Belfast**

Several club athletes made the trip to Belfast at the weekend to get a run out. Eoghan Buggy went in the 400m and ran 49.83 for 8<sup>th</sup> place, Cormac Kelly ran 3.49.87 in the 1500m for 3<sup>rd</sup> place and John Fenlon ran 4.09 in the same race.

A small group made the journey to Waterford for the Viking Marathons. In the Half marathons Sinead Kelly ran 2:05.37, Catherine McDonald ran 1:41.38, and Mark Wogan ran 1:47.50. In the Quarter marathon Carmel Hughes finished in 1:14.32, Pauline Doyle finished 1:25.37 and Noeleen Condron finished in 1:25.28.