

29th Mar'17

All Ireland Juveniles

The first weekend of the National Juvenile indoor championships were held in Athlone arena last weekend and a small group of our juvenile athlete's brought there indoor season to a close, bringing home 5 medals in the process. Ruby Millet went in the U17 High jump on Saturday morning, taking the gold with a clearance of 1.60m before returning on the Sunday to take a bronze medal in the u17 long jump with a jump of 5.39m. Daena Kealy also took home a bronze medal in the u18 high jump with a clearance of 1.65m. Nicole Kehoe Dowling ended her indoor season on a high throwing a PB in the shot putt of 11.25m to finish third in the u19 shot. Another PB was set by Matthew Rossiter who cleared 3.80m in the u18 PV for 2nd place. Josh McDonald went in the u15 boys 60m and finished 4th in his heat running 8.16.

In the States, Cheryl Nolan opened her outdoor season with a 2 second PB in the 1500 at Fayetteville, Arkansas running 4.27 to finish 4th in the race. While Cormac Kelly, started his outdoor season running 3.59 for the 1500 in Texas.

Laois Senior Road Race Championships

It was a beautiful spring day in Kilcavan for the county Senior road race championships, hosted by Rosenallis Kilcavan AC. The juvenile non-championship races got the day started. Among our running juveniles were Ciara Milton 1st u8, Laura Malone 3rd u8, Johnny McGrath 4th u8, Cara English 2nd u10, Ciara Malone 1st u12, Katie McGrath 6th u12, Jack Milton 3rd u12, Seoige English 1st u14, Maeve Gallagher 2nd u14, Audrey Byrne 4th u14, Jack Fenlon 1st u14 and Caoimhe Gallagher 2nd u16.

In the senior Ladies 4k we had 6 runners, with the first 4 St. Abban's Ladies taking the silver team medals, Ailish Brennan finished 4th, Colette English was 6th, Sinead Kelly was 7th and Claire Phelan was 11th. Margo Dowling finished 17th, Kate Bermingham was 20th, Sharon Buggy placed 21st, Deirdre Brennan was 22nd Ann Nicolson was 23rd and Michelle Curran placed 24th. Ailish, Colette, Sinead and Claire made up the team that came 2nd.

In the men's 8k race we had 6 runners out, with John Fenlon taking individual gold. The men's team took the silver medals in a very competitive race, John Fenlon 1st, Colm Burke 5th, Dermot Ayres 8th, Stephen Hunter 9th, Sean Geoghan 10th, Liam Byrne 18th and Francis Fleming in 25th. The men's team was made up of John, Colm, Dermot and Stephen. Well done to all raced.

Ned Buggy Memorial

On the 30th of April there will be a 4k walk/run in memory of Ned Buggy, organised by the Buggy Family. Registration at 12.30pm and costs €5 with all proceeds going to Pieta House. If anyone would like to help out or know more you can contact nedbuggymemorialevent@gmail.com or see the Facebook page.

Walkers wanted

There is a walkers group on Wednesday mornings at 10am, all are welcome.