

TRALEE HARRIERS ATHLETIC CLUB

NATIONAL JUVENILE INDOOR CHAMPIONSHIPS

The Woodie's DIY National Juvenile Indoor Championships took place at the impressive new International Arena in Athlone IT last weekend. As expected, the new arena brought out the best in many athletes. Eoin O'Carroll won the U19 boys long jump with a jump of 6.56m. Eoin also finished second behind Marcus Lawler (St. L. O'Toole AC) in the U19 200m in a fabulous time of 22.17sec. Both athletes were inside the old national U19 record set in 2000. Orla O'Reilly is also in fine form at the moment. Orla also came home with two medals, finishing third in U14 girls 60m (8.31s) and long jump (4.72m). Jack Morgan ran a personal best to finish fourth in the U17 boys 60m (7.26s). David Kavanagh was just two hundredths of a second outside of the medals when finishing fourth in the U19 boys 1500m (4.08.35). Rachel Bowler jumped 4.75m to finish sixth in the U15 girls long jump. Clara Heinrich ran a personal best to finish seventh in the very competitive U17 girls 60m (8.11s). Sean Fitzmaurice continues to throw well, finishing seventh in the U17 boys shot putt (9.77m). Well done all.

TRAINING

Juvenile members currently train indoors in Mounthawk Secondary School on Thursday evenings. The younger athletes (born 2000 to 2006) train from 6.30pm to 7.30pm and the older athletes (born before 2000) train from 6.30pm to 8.00pm. Outdoor training takes place at the Institute of Technology North Campus on Tuesdays from 6.30 to 8.00pm for athletes born before 2002. New members can sample two training sessions before registration is required.