

TRALEE HARRIERS ATHLETIC CLUB

NATIONAL INTERVARSITIES

Claire Fitzgerald kicked off the indoor season in fine form winning the Women's shot with a throw of 14.13m at the Intervarsities. She followed that up by winning silver in the Weight for distance also with a throw of 7.73. Sinead O'Connor claimed silver medal in the triple jump with a mark of 11.08m That is a huge improvement on recent seasons and now she looks forward to the National Seniors next weekend. She was also 5th in the Long Jump. Michael Godley was also contesting at the weekend but had to make a transition to triple jump from long jump and came 7th on the day with 12.64m. Laura Lynch made her debut at these championships coming 8th in the Long with 4.71m and 8th in the triple jump with 9.69m. Dearbhail Foley continues to make her comeback after a lengthy period of injury running 27.92s in the 200m which improves on her U23 time two weeks ago and jumping 2m in the Pole Vault

NATIONAL JUVENILE AWARDS

Well done to Eoin O'Carroll on receiving his National Award for best Kerry athlete. He was presented the award last weekend in Tullamore

TRAINING

Next competitions coming up include the National Seniors on the 15th/16th of Feb and Munster Juvenile U14-U19 Indoors on the 1st/2nd March

Training continues on Tuesdays in the ITT at 6.30pm and Thursdays at 6.30pm for U9-U11 and at 7.30pm for U12 upwards. Please consult coaches about weekend training and all new comers are welcome. All registrations for 2014 will need to be completed asap as registration numbers are required for entry to indoor competitions.