

TRALEE HARRIERS ATHLETIC CLUB

INTERVARSITIES & COUNTY ROADS

The Intervarsities was down for decision at the weekend and the club had three athletes competing with Waterford the venue for the event. Claire Fitzgerald broke an IUAA record in the shot with a throw of 14.48m and also won the discus with a throw of 48.10m. Another great achievement for Claire despite being hampered by injury in recent months. Sinead O'Connor is also making significant progress in the triple jump this year and came second with a mark of 11.06m representing CIT. She also competed in the Long Jump and came sixth overall with a jump of 4.90 despite a -4.0m/s head wind. Laura Lynch was competing in her first outdoor universities event and did very well in the triple jump coming sixth with a mark of 10.43m. Dearbhail Foley went very close to a medal in the Pole Vault coming fourth with a jump of 2.20m. She also competed in the 100m coming fourth in her semi-final and narrowly missed out on a place in the final.

The County Roads Championship also took place at the weekend with very competitive fields. Conor O'Mahony was our only athlete present on the day and he ran a fine race to come third overall in the Junior category and a 12th place overall finish in the race.

TRAINING

Training continues on Tuesdays in the ITT at 6.30pm and Thursdays at 6.30pm for all ages in the Green school and Tralee Harriers grounds. Please consult coaches about weekend training and all new comers are welcome.