

TRALEE HARRIERS ATHLETIC CLUB

NATIONAL INDOORS

The National Senior Indoor championships took place at the weekend in Athlone and the club did extremely well with two medals over the weekend. Clair Fitzgerald was in action on Saturday in the Senior Women's Shot in the first competition of the day. She won the gold medal in stunning style and a new PB of 14.94m. On Sunday the club had 3 athletes present. Sinead O'Connor has been achieving new high recently and was in very good form coming into the competition. She didn't disappoint claiming a bronze medal in the Triple Jump with a mark of 11.02m. Michael Godley was making his comeback after a recent hamstring niggle and jumped 6.11m in the long jump. Patsy O'Connor narrowly missed out on a medal in the Men's shot coming fourth with a mark of 12.18m

TRAINING

Next competition is the 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.