

TRALEE HARRIERS ATHLETIC CLUB

MUNSTER JUNIORS/U23/MASTERS

The first competition of the year took place on Sunday in Nenagh where the Munster Juniors/U23 and Masters were held. The club had five athletes present and who did very well on the day. It was the first outing at Junior level for two of our athletes Aoibheann O'Brien and Aoife O'Carroll. Aoibheann had a fantastic day with a double medal haul in the jumps. First competition up was the Women's Triple Jump and both Aoibheann and Aoife were competing in this competition for the first time so both were very nervous. Both they soon got into their rhythm with Aoibheann claiming the silver ultimately with a jump of 10.11m and Aoife narrowly missing out with a fourth place spot with 9.77m. Both girls also competed in the Long Jump and Aoibheann again nabbed the bronze medal with a jump of 4.98m with Aoife coming sixth with 4.57m. Aoife also competed in the 60m where she came fifth in 8.34s. Patsy O'Connor also had a double medal haul on the day with two golds in the shot with a throw of 12.55m and weight for distance with a throw of 8.68m. Michael Godley was returning from injury which ruled him out for most of 2013 and claimed his first medal of the season in U23 long jump (6.20m) winning bronze. He also ran very close to a PB in the 60m with a time of 7.60s. Eoin O'Carroll was our other competitor on the day where he came fourth in the 60m with a time of 7.32m. But he was clearly hampered by a hip problem and hopes he has a speedy recovery.

Next competition is in Athlone next weekend with the National Juniors and U23

NENAGH OPEN

On the previous Sunday one of the up and coming juvenile female athletes Orla O'Reilly was in action in Nenagh. She jumped very close to a PB in the long jump to win with distance of 5.16m. She also won the U15 60m sprint so well done to Orla and showing some very good early season form

TRAINING

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.