

## TRALEE HARRIERS ATHLETIC CLUB

### NATIONAL JUVENILE INDOORS

The National Juvenile Indoors was down for decision at the weekend and while we had no medal winners we had some very good performances. On Saturday Rachel Bowler was first up at 10am in the U16 Long Jump and after three opening jumps in the 4.90m range she made some changes to her technique to finish up with a new PB of 5.10m. She narrowly missed out on the medals by only 1cm to come in fourth spot. Aoife O'Carroll also had a good day in the 60m and making her first National final in a few years. In the heats she came home in third spot with a new PB of 8.09s. She bettered that time in the final with 8.07s and this represents huge progress for Aoife this year. She also completed in the U17 Long Jump and she is working very hard on the technical aspects. She finished with a mark of 4.52m and there is more to come in the outdoor season. Aoibheann O'Brien was also competing in the Long Jump and made the top eight. She finished the day with a mark of 4.96m and again more to come from her also in the outdoor season. Diarmaid Barry was our other competitor on Saturday and finished sixth in the U16 1.5k Walk in a time of 10.00.46. On Sunday Ciaran O'Reilly competed in the boys U17 shot and came seventh overall with a mark of 10.32m which is great achievement given that he is only coming back to full fitness. Niciola O'Connor was competing in his first Nationals and acquitted himself very well coming fifth in the U16 long jump with a mark of 5.38m

### AWARDS

Well done to Aoibheann O'Brien and Sean Fitzmaurice, Claire Fitzgerald, Eoin O'Carroll, Conor O'Mahony and Patsy O'Connor on being selected for Kerry County Athletic wards.

### 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.