

## TRALEE HARRIERS ATHLETIC CLUB

### NATIONAL INDOOR MASTERS

Patsy O Connor claimed a double medal haul at the National Masters on Saturday and is an ever reliant competitor at the club. He won the shot competition with a throw of 13.50m in the M5 category and his jumping skills were also on display at the weekend when he won the long jump with a mark of 4.70m also. Well done to Patsy

### NATIONAL JUNIOR/U23

On Sunday it was the turn of the Juniors and U23 and competition was very stiff with new record in the Junior Men 60m. Dearbhail Foley was our only competitor of the day and marks a return to athletics after a number of years with injury. She completed very well throughout the day running 8.37s in the 60m, 28.44s in the 200m and was also in action in the Pole Vault. Great to see Dearbhail make her come back.

### TRAINING

Next competitions coming up include the AAI Games next weekend, the Munster U9-U13 on the the weekend of 8<sup>th</sup>/9<sup>th</sup> and the National Seniors on the 15<sup>th</sup>/16<sup>th</sup> of Feb.

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.