

The first trip of the 2010/2011 season to Nenagh indoor track was made on Sunday last for the Munster Masters and Juvenile pentathlons. The Kerry master athletes were out alot earlier than they are used to but it obviously didnt do them any harm with those who attending performing well and bringing home a stash of medals.

Farranfore Mainevally athletes Jim O Shea, Michael O Connor and Eddie Mulcahy were to the fore on the day. Jim O Shea won gold in his speciality event the high jump and was also second in the 60m and long jump. Eddie Mulcahy was his dominant self when he won the shot putt and 35lb wfd with Michael O Connor taking gold in the 800m. Sheila O Donoghue Gneeveguilla won three gold in the shot putt, long jump and 60m and also won silver in the high jump. Mike Browne also Gneeveguilla also won three gold and a bronze in the 800m, 1500m, 3000m and 200m. Patsy O Connor Tralee harriers eased to wins in the shot putt and 56lb weight with team mate Donal Crowley taking silver in the 800m and high jump with bronze in the long jump. Next up for the masters athletes will be the national masters championships on January 23rd in Nenagh again.

No fewer than twelve medals returned to Kerry in the juvenile pentathlons with four gold, three silver and five bronze. The pentathlon is made up of the 60m hurdles, long jump, high jump, shot putt and 800m for which athletes gain points per event for their performances. The St Brendan's trio of Clarence Kennedy, PJ Galvin and Ben Dennessen had a clean sweep in the boys U18 event with some impressive performances. Clarence took gold with a standout performance of 11.87m in the 6kg shot putt, PJ Galvin took silver with a standout performance of 1.88m in the high jump and Ben Dennessen had an impressive display when dominating the 800m.

The three other gold medals came from Eoin O Carroll Tralee harriers in the U16 event, Louise O Connor also Tralee harriers in the girls U16 and Iarla Courtney St Brendan's in the U13 event. Eoin had impressive performances of 6.62m in the long jump and 1.73m in the high jump, Louise's standout event was her 1.47m high jump and Iarla was an easy and impressive looking winner of the 60m hurdles.

Silver medals came from Dion Marcos Spa Muckcross also in the U13 event where he had PBs in all five events and Eoghan Courtney St Brendan's in the U16 competition with PBs in the 60m hurdles and shot putt. The remaining bronze medals were won by Eoghan McEliigott in the U12 event, Patrick Gilbert in the U15s, Rachel Dennessen U16 and Jack Regan Kirwan U17 all St Brendan's.

There was also a senior open event on the day for athletes looking for an early season run. Ailbhe Courtney St Brendan's had indoor PBs when winning both the 60m and 200m in 8.2 and 26.9 from her Spa Muckcross AC cousin Elaine Courtney who also had a PB in the 60m of 8.3. Luke O Keeffe also had two personal bests when he won the 200m in 23.9 and was second in the 60m in 7.4 to clubmate Dylan Roche who also ran 7.4 in a tight race. Katie Rogers won the 800m in 2.32 and David Hogan was third in the 800m in 2.12.

Good luck to the Kerry athletes competing in the AAI All Ireland Cross Country in Tullamore this Sunday. Kerry squads also continue this weekend so please check the Kerry squads blog.