

Niamh O Sullivan An Riocht and Patrick O Shea Iveragh flew the flag for both club and country over the past two weekends at both the Home Countries International cross country in Dublin and the Munster Masters cross country in Dungarven County Waterford. On Sunday last both Niamh and Patrick won their age group categories with ease at the Munster Masters Championships continuing their great veins of form. On the Sunday previous both athletes also lined out for the Irish team in Dublin against athletes from England, Scotland and Wales with Niamh finishing in third place and Patrick in second place in their age group categories. Niamh's team finished in second place in the team event to England and Patrick's team also finished in second place to the England men. Patrick's fantastic 2010 season was also acknowledged the night before at the AAI awards where he was nominated for best Irish Master Athlete but unfortunately on this occasion lost out to one of his good friends Pat Timmons.

The Munster Juvenile "B" Cross Country Championships were also held Sunday in Dungarven and the Kerry athletes who travelled did not disappoint. Niall O Shea Iveragh won the boys U13 event while also leading his Iveragh team to gold with Cathal O Donovan, Stephen O Connor and Ciaran Clifford; these four boys were also part of the Kerry boys team who won silver along with Cillian Tierney Spa Fenit Barrow in fourth and Jaic McKenna in 26th.

In the girls U13 Katie Reidy An Riocht put in a fine performance to finish in second place with Katelyn McCarthy Spa Fenit Barrow in 6th. Ashling O Connell also had an excellent performance a year out of age when she finished in second place in the girls under 15 event. Vanessa Dineen Lios Tuathail also finished in fourth position in this event. Last but not least relative newcomer Liam O Donnell Spa Fenit Barrow had an excellent performance to finish seventh in the boys under 11. Others to perform well but finish outside the medals on this occasion included Tadgh McKenna Lios Tuathail under 9 and Ellen Browne An Riocht under 13. Well done to all and goodluck to all the Kerry athletes competing at the All Ireland in Derry next Sunday.

The Inaugural Kerry Indoor Open competition will be held in Nenagh County Tipperary on Sunday December 5th. There will be every indoor event available to athletes on the day with a program being available on the county website and blog. A large attendance is expected so hopefully it will be a fantastic success and set up the athletes within the county for a solid indoor season and a fantastic outdoor season later in 2011.

The Kerry Squads are still in full swing with near 100 athletes now attending across all events. For further info visit [www.kerryathletics.blogspot.com](http://www.kerryathletics.blogspot.com)

Dates for the Diary-

Nov 28th-Woodies DIY AAI Inter County Cross Country & Juvenile Even Ages-Derry

Dec 5th-Kerry Indoor Open Competition-Nenagh, Co. Tipperary-11am

Kerry Squads-

Nov 27th-Long Jump/Triple Jump-11-1.30pm

Nov 28th-Sprints-12pm-2.30pm