

Last weekend saw Kerry athletes busy all over the country with the national combined events in Tullamore, Munster masters track and field in Cork and two road races in Kerry with the Banna 10km and the Kilgobnet 4mile.

Ger Cremin Riocht competed in his first decathlon in the senior section in Tullamore and came away with a well deserved silver. The decathlon is one of the most gruelling events with ten events over two days. Ger had good results in the 110m hurdles, 100m, 400m and long jump; he was solid in the high jump, shot, discus and javelin but unfortunately a disappointing pole vault left him too much of a gap to make up in a gutsy 1500m in the last event. Eoin O Carroll Tralee harriers was involved in the closest contest of the day in the u16 pentathlon finishing just four points behind the winner in a titanic battle which equates to just two centimetres in the long jump or 0.1 of a second over hurdles. Kerry's only other athlete competing on the day was Mary Doody of Tralee harriers who finished fourth in the u15 pentathlon.

The Munster masters championships were held in Cork on Sunday but due to the poor timing of the championships had a very poor entry. This did not deter the Kerry athletes who attended and all brought home a fistful of medals. Full results were not available going to print but the following athletes medaled in their respective events-  
Gneeveguilla-Sheila O Donoghue & Mike Browne  
Tralee Harriers-Donal Crowley, Pat Cauty and Patsy O Connor  
Farranfore-Jim O Shea & Eddie Mulcahy  
An Riocht-Tomas Griffin  
Iveragh-Patrick O Shea

The Inaugural Banna 10km was held in ideal conditions on Sunday morning at the scenic Banna beach area near Ardfert. There were near 120 competitors coming from all over the country and even a father and son from New Zealand who decided to take in the race on their holidays. The winner of the mens race and Tom O Riordan perpetual shield was Frank Mangan who competes with Raheny Shamrocks in Dublin but is a Milltown native. Frank won in an excellent time of 33.58 minutes and enjoyed the route so much did a warm down around the whole route a second time. Second place went to Mick Rice in 35.52 minutes with Ardfert native Ross Higgins in third with 37.07 minutes. The winner of the womens race also came from outside the county with Helen Whyte from Meath winning in 40.34 minutes with Karon McLysaght second in 45.02 minutes and Majella Diskin in third with 45.20. Overall a fantastic event which is sure to grow hugely next year and in the years to come.

Frank Mangan doubled up the weekend and also took in the Kilgobnet 4mile winning the Fr Michael Kelliher memorial cup in a time of 21.25 minutes on Friday evening. Patrick Moriarty of Sneem was second and Owen McKenna Riocht in third. Mary O Connor also of Riocht won the womens race in 26.28 minutes with Caroline Murphy and Cathriona Shanahan Gneeveguilla second and third. The other results from the race are as follows-

Junior Man-Cillian O'Donovan, Iveragh 24.08

Junior Lady-Bridgid Dennehy, Iveragh 26.11

Ladies O.35-Niamh O'Shea, G/Guilla 30.32

Ladies O.40-Margaret O'Leary, G/Guilla 32.30

Ladies O.45-Nora Flynn, G/Guilla 37.21

Men O.40-Phillip Coffey, Carrignavarr 23.55

Men O.45-Vincent Keane, Lispole 23.34

Men O.50-Michael Mangan, Star of the Laune 23.29

Men O.65-Jim Langan, Tullamore Harriers 35.35

Upcoming events-

Graded track and field meet-August 6th-7pm-An Riocht

Celtic Games-August 7th-Athlone

Liscarroll Open Sports-August 8th-Cork

National League Final-August 14th-Tullamore

National Masters-August 15th-Tullamore

Graded track and field meet-August 27th-7pm-An Riocht