

Rathkeale in Limerick was the venue for the 2010 Munster Masters Road Race Championships on Sunday 28<sup>th</sup> of March and Kerry represented itself well with multiple winners on the day. Niamh O'Sullivan was one of only two women to complete the 2 mile course in less than 12 minutes, coming in first out of the entire field and comfortably winning the O45 category in doing so. Forth in this race was Breda Barrett of Gneeveguilla who came in just ahead of club mate Caroline Murphy in fifth. In the women's O40 race Maggie O'Leary of Gneeveguilla was 6<sup>th</sup> while Brid Stack of Gneeveguilla finished tenth in a highly competitive O35 competition. In the men's 4 mile race John Barrett was the county's highest overall finisher, coming in eighth which placed him in second position in the O40 section while his Gneeveguilla team mate Séamus Murphy finished in eleventh. Gneeveguilla had a string of other fine performances with Mike Browne winning the O65 category while in the O50 race Vincent McGaley and Mattie Angland finished well, Michael Mangan of Star of the Laune coming in as Kerry's highest finisher in that race in sixth and these results added to the fine run of Patrick O'Shea, Iveragh, which placed him second in the O55 category bought them a bronze in the O50 team event.

The Irish Throwers Club held its annual Len Braham Memorial Championships at An Ríocht on the 3<sup>rd</sup> of April. The competition is named in honour of the former national 56lb wf record holder Len Braham, who set the long standing record in the old Castleisland athletic grounds in 1973. For many athletes this competition is the first in their season as it is one of the first outdoor competitions in Ireland and many of the county's throwers took advantage of this. While bad weather, construction works and an early shower of rain upset proceedings slightly it served as an example of what the season ahead can bring and tested the physical reserve of the athletes in attendance. Brendan Dunne of St. Brendan's threw 32.45 in the U15 hammer while Shane Hand of Farranfore Maine Valley AC threw 42.23 with the 6kg implement and both of these athletes will be competing at Munster Schools level in the months ahead. Indoor shot putt champion Daniel Clifford from Farranfore Maine Valley AC got his discus season off to a start recording 42.76m and in the Greek Discus, a much heavier version weighing 5kg, threw 19.76m to shatter the U23 National Record and bring him within striking distance of Eoin Leens long standing National Senior Record. Eddie Mulcahy, also FFMV, serves as President of the ITC and after welcoming the athletes to the competition set to work on the throws, recording 7.48m in the weight for distance, the longest throw of any of the age groups, having celebrated his 77<sup>th</sup> birthday in the last two weeks. Rachel Ackers of Clare was awarded the Len Braham Trophy as best athlete of the competition.

Princeton University in New Jersey held its Sam Howell Invitational this weekend and in attendance was Clare Fitzgerald of Tralee Harriers who is on scholarship to Manhattan College (which makes her a Jasper). Clare was second in the women's discus with a throw of 44.65m and was fourth in the shot putt with a best of 13.15m.