

The 2010 AAI Kerry County Championships took place at An Riocht Track on the 30th of June and was attended by a large selection of guests as well as county athletes, many looking to test themselves in the lead up to upcoming National Senior Championships. The defending Quill Cup champions Farranfore Maine Valley AC got off to a good start with Daniel Clifford, Denis Hayes and Shane Hand claiming all three places in the hammer. The javelin proved to be one of the closest competitions of the night with Tralee Harriers dominance of the competition not showing how close it was. Farranfore's Quill Cup captain for 2009, Sean O'Shea, finished just outside the medals with Tony Barnet in second, while his brother Philippe and Patsy O'Connor battled for the gold. O'Connor never let his nerves get the better of him but didn't rest easy until the final round when his early 40m throw had secured him another county title. A thrilling 100m race saw Conal O'Callaghan of Spa Muckcross win over Colm Lynch of Iveragh in second and Dylan Roche putting in a solid performance for third. While matters remained relatively close until the end the relay put matters beyond consideration; St. Brendan's AC had won the county senior Quill Cup for the first time in its history with 26 points, Farranfore Maine Valley followed up last years win with a solid second on 23 and Tralee Harriers were third with 18. Full results and results of the women's and masters categories will be included next week.

The AAI All-Ireland Juvenile Championships will be held over two weekends at Tullamore and the first of these were held on the 3rd and 4th of July. This was to be the focal point of the season for many athletes and would mark the end of their season, the point that they had been training for effectively since this time last year. Others were coming to this competition from the County Championships three days beforehand and while a few may yet have National League duty or the prospect of an international big performances were going to be expected at this event.

In recent years there has been a marked increase in the standard of pole vaulting and the excellent facilities provided by An Riocht and the drive of the counties coaches to educate themselves in an event which had very low participant levels a number of years ago has begun to show great success. Katie O'Riordan of St. Brendan's put in her peak performance of the year when it mattered to set a new national record in the U16 Girls pole vault with a clearance of 2.41m. St. Brendan's success in the pole vault continued with Schools international bound Una Marely winning the U17 girls event with 2.40 and Amy Phelan finishing 3rd in the U18 girls competition with 2.20m. Kerry had a 1-2 in the U15 boys pole vault with Mel O'Callaghan of Gneeveguilla edging out Pa Gilbert of St. Brendan's. To add to his silver Pa would later claim a gold in the U15 boys triple jump with 10.52m. Jonathon Foley has been showing great consistency of late and his 3.60m vault in the U17 boys competition was enough to secure him with another national title.

Clarence Kennedy of St. Brendan's began his medal tally in the U18 boys pole vault with a silver ahead of club mate David Hogan in 3rd, both of whom had contributed points to the Quill Cup winning team only a few days beforehand. As he's found his feet with the triple jump Clarence's marks have been steadily improving and he hit 13.24m to claim gold and followed up with a second gold in the U18 boys hurdles in a time of 14.96.

Ailbhe Courtney signed off from what will be one of her last competitions in the juvenile ranks by claiming double gold for St. Brendan's, taking both the U19 Girls 100m and 400m hurdles.

The clubs success continued with a silver for Iarla Courtney in the U13 boys 60m hurdles who also added a bronze in the long jump. Steven Walsh was second in the U19 boys 400m hurdles while Eoghan Courtney took third in the U16 boys 250m hurdles and the clubs strong track record in these events was kept up by Stewart Nolan who was third in the U18 boys 400m Hurdles.

Spa Muckcross AC had a national gold medallist in Kayleigh Cronin who won the U15 Girls discus with an excellent throw of 33.56m and the club continued winning ways in the throwing events when Billy Courtney finished 2^{cd} in the U13 boys javelin with a throw of 27.31m.

Adam King of Iveragh continued his progression in the hammer taking the gold medal in the U14 boys event with a throw of 41.54m, the only athlete in the competition to break 40m.

After his duel with veteran club member Patsy O'Connor at the County Championships on Wednesday night Philippe Barnett was back in action in the javelin for Tralee Harriers taking a bronze medal in the U18 boys section with a throw of 40.61 and Kate Boyd added another bronze for the club, throwing the shot putt 9.26m in the U13 girls event.

Long associated with the road and distance events, all three of Gneeveguilla's medals came in the field events. As well as Mel O'Callaghan's performance in the pole vault Rita Casey was third in the U15 girls hammer with 32.18m and Shane McAuliffe picked up another bronze with a throw of 36.06m in the U19 boys Discus.

In the U19 Girls Hammer Karen Flynn continued Farranfore Maine Valley's success in the throws events with a bronze medal for her 39.47m throw.

