

Adam King Iveragh AC stole the show once again this season at the British AAA's track and field championships in Bedford last Saturday when he won the boys u15 hammer with a new record of 65.61 meters with the 4kg hammer. Adam opened up with a throw of 61.75m with his winning throw of 65.61m coming in the third round. Kayleigh Cronin Spa Muckcross AC had her second best throw of the season to finish an excellent third in the U15 discus with a throw of 37.97m and for good measure finished in eighth place in the pole vault with 2.60m. Jonathan Foley Farranfore Mainevally competed in the U17 pole vault and cleared 3.80m for 10th place.

The final of the Woodies DIY National Senior Track and Field league was held in Tullamore on Saturday last with both the Kerry mens and womens teams qualifying for the Premier division final. The mens team started out the day very well leading for a small period of time but faded towards the end of the day to a final position of sixth but this was still a two place improvement on last year with a total of 90 points in a very tight competition. The womens team had a lot of notable big name absentees due to injury and illness but still competed strongly finishing in fifth position one place up on last year with a total of 88 points. Both teams are still very young with most athletes not having yet reached their 18th birthday which bodes well for the future of senior athletics in Kerry. Standout performances in the mens came from Daniel Clifford who had two wins in the shot and discus, James Nagle who won the hammer, Niall Prendiville who won the 3k walk, David Hogan who was third in the pole vault and Jack O Sullivan who had a personal best of 1.57 in the 800m. In the womens Hannah O Sullivan was second in the discus, Mairead O Neill second in the hammer, Emma Prendiville second in the walk and Amy Phelan second in the pole vault. Onwards and upwards for 2012!

An Riocht Ac mens team also competed in division one of the competition finishing in fifth place on 87 points. Standout performances for them came from Jer O Donoghue who ran a fantastic 10.88 in the 100m to win, Ger Cremin who had a personal best of 16.71 to win the 110m hurdles, Shane Hand who was second in both the hammer and 56lb weight and Daniel McCarthy who was third in the pole vault in his first ever competition with 2.40m.

Kerry National league Results-

100m-Conal O Callaghan 6th
200m-Dylan Roche 7th
400m-Colm Lynch 7th
800m-Jack O Sullivan 8th PB 1.57
1500m-Cian Murphy 8th
5000m-Ed Murphy 7th
3k Schase-Arthur Fitzgearld 7th PB 10.29
3k Walk-Niall Prendiville 1st
110 Hurdles-Ben Dnnessen 6th
400 Hurdles-Eoghan Courtney 7th
High J-PJ Galvin 4th
Long J-Eoin O Carroll 4th
Triple J-Eoin O Carroll 6th
Pole V-David Hogan 3rd
Shot-Daniel Clifford 1st
Discus-Daniel Clifford 1st
Javelin-Patsy O Connor 2nd
Hammer-James Nagle 1st
56lb-Alan O Connor 4th

4x100m-7th-Dylan Roche-Eoin O Carroll-Colm Lynch-Conal O Callaghan
4x400m-7th-Colm Lynch-Luke O Keefe-Eoghan Courtney-Jack O Sullivan

100m-Eadoin Wall 8th
200m-Hannah O Sullivan-6th
400m-Laura Crowe 2nd
800m-Laura Crowe 1st
1500m-Brigid Dennehy 5th PB 4.55
3000m-Anna M Costello 5th
1500m Walk-Emma Prendiville 2nd
High J-Amy Phelan 5th
Long J-Sinead O Connor 5th
Triple J-Sinead O Connor 4th
Pole V-Amy Phelan 2nd
Shot-Sheila O Donoghue 3rd
Discus-Hannah O Sullivan 2nd
Javelin-Kate Boyd 7th
Hammer-Mairead O Neill 2nd
4x100m-5th-Eadoin Wall-Sinead O Connor-Hannah O Sullivan-Amy Phelan
4x400m-5th-Laura Crowe-Niamh De Hora-Anna M Costello-Brigid Dennehy

The Woodies DIY national Masters championships were also held in Tullamore on Sunday with many Kerry athletes bringing home medals. Patsy O Connor Tralee Harriers was the standout athlete with four national records in his category; Shot 13.42m, Javelin 45.34m, Discus 40.40m and weight for distance 9.15m. Patrick O Shea Iveragh retained his 5000m title and also finished in third place in the 1500m. Sheila O Donoghue Gneeveguilla was once again dominant in the throws section winning the shot, three seconds in the hammer, discus and javelin with a bronze in the long jump to round off her medal tally. Other medalists on the day included the following-

Mike Browne Gneeveguilla -2nd 5000m, 2nd 400m
Robert Purcell Gneeveguilla -2nd 5000m,
Tomas Griffin An Riocht-1st long jump, 2nd 100m, 2nd 200m
Eddie Mulcahy Farranfore MV-1st shot, 1st discus, 1st javelin, 1st hammer, 1st 28lb
Jim o Shea Farranfore MV-1st high jump, 2nd long jump, 3rd 100m
Sean o Shea Farranfore MV-3rd shot, 3rd javelin
Mike o Connor Farranfore MV-2nd walk
Eamon Leslie Farranfore MV-1st 28lb

The first of the RunKerryRun series was held in Killarney on Saturday with around 80 athletes running the 5km course. The mens winner was George McCarthy with Martina Kiely St Finbarrs winning the womens section. Full results can be found on www.runkerryrun.com