

The AAI National Walks Championships took place in Cork over the weekend on what was described as a bitterly cold morning. Injury and the already packed nature of the competition calendar depleted much of the counties stock of walkers but the only Kerry athlete who attended flew the flag high. Caoimhe Casey of St. Brendan's competed in the Senior women's 5km race and the winner of the 2010 AAI Games walk cruised to a three minute victory in a time of 23.36. This time saw her battle out on the finish line to come in 5 seconds better than the winner of the Men's 5km and such a result demonstrates the high standards the counties walkers have achieved.

The competition took place on a 2.5km lap with all athletes setting off together. As such Caoimhe was on track for two laps alongside Robert Heffernan who would go on to break his own National Record in the 30km race.

Also in action over the weekend was Eoghan Courtney of St. Brendan's. He had been selected for the U16 Irish team that travelled to Cardiff for the Indoor Celtic Games and in a tough 60m Hurdles event finished in 6<sup>th</sup> place shattering his previous best performance in the process.

Some of the counties best athletes were honoured on Saturday evening at the Munster Star Awards Banquet in Cahir, Co. Tipperary. Each county receives a best juvenile male and female athlete award and these were presented to Eoin O'Carroll of Tralee Harriers and Kayleigh Cronin of Spa Muckcross. O'Carroll was no doubt selected for the grand sum of 9 individual gold medals and 1 relay gold he amassed at Munster Indoor and Outdoor championships last year, breaking the indoor U16 60m record and jumping just short of the outdoor U16 triple jump record. Cronin had a strong season as well, winning 3 gold medals, a silver and a bronze across a number of the U15 field events. Both of these athletes have already strongly started the 2011 season.

Munster championship results bought Katie O'Shea of Farranfore Maine Valley AC the Women's U23 award for her 2 gold medals and James Nagle of Farranfore Maine Valley was presented with the Senior Men's award.

After strong indoor and outdoor results which saw them become the counties top medal winners at Munster level, and adding to their county juvenile clubs title, St. Brendan's AC scored a massive double and were crowned best club in Munster at both indoor and outdoor juvenile level.

Also honoured with the officers award was Michael Godley of Tralee Harriers. This was in recognition of the fantastic contribution he has made in the past number of years to the Munster council, helping at an organisation level, setting up the Munster Athletics website and a number of other work he has carried out as Munster's AAI's IT Officer. Congratulations to all recipients.

Eoin O'Carroll won't be putting the good suit away just yet; his impressive Munster results, a national outdoor record in the Triple Jump and international schools duty amongst some other fantastic results saw him announced recently as the recipient of the AAI National Star Award for Kerry. The AAI Star Awards will take place in Athlone on the 12<sup>th</sup> of February.

The AAI Novice Men's Cross Country Championships a few weeks back yielded some very strong results for the county. In the senior men's competition, with 173 athletes running, a series of strong results elevated Kerry to second place in the Inter County standings. The team was led home by Cian Murphy of Iveragh who medalled in 4<sup>th</sup> place out of this massive field. Next was Aodh O'Neill in 16<sup>th</sup> of Iveragh, Ed Murphy of Gneeveguilla AC was 26<sup>th</sup>, Tim O'Connor was 46<sup>th</sup>, Donal O'Callaghan was 53<sup>rd</sup> and James Doran was 82<sup>nd</sup>, all An Riocht.

Iveragh had more success in the U15 boys race when the club finished 3<sup>rd</sup> overall, just 3 points off second place. This team was made up of Cillian O'Donovan in 8<sup>th</sup>, Liam O'Connell in 16<sup>th</sup>, Andy Quigley in 19<sup>th</sup> and Brian Sugrue. David O'Keefe also had an excellent race, finishing in 9<sup>th</sup> position. Fiachra Clifford of Star of the Laune AC ran well in the boys U13 competition where he finished in 12<sup>th</sup> position.

Next weekend the first part of the Gneeveguilla AC road Race will take place in Killarney National Park, for more information on the event contact Tom Joe O'Donoghue on 064-7756309.

Bar the Interschool Championships next weekend the next few weeks will be quite in the lead up to the National Seniors on the 19<sup>th</sup> and 20<sup>th</sup> of February. Following that will be a number of Juvenile provincial championships and by then the outdoor season will have come round. The year moves on.

Fixtures:

Saturday Feb 5<sup>th</sup>: IUAA Indoors, Nenagh

Gneeveguilla AC Road Race, Killarney National Park

Sunday Feb 6<sup>th</sup>: AAI Intermediate, Masters & Juvenile B Cross Country, ALSSA Dublin  
Munster Regional Squad

Saturday Feb 12<sup>th</sup>: Assistant Coaching Course, Castleisland