

The Woodies DIY National Senior Track and Field Championships were held in Morton Stadium, Santry last weekend with Claire Fitzgearld Tralee Harriers dominating the throws events picking up two gold and one silver. The highlight for her was easily her 50.07 meter throw when winning the discus on Saturday to put her fourth on the Irish all time list. She added another gold in the shot with a putt of 14.27 meters which was also a personal best and silver with a best of 40.96 meters in the javelin which was again a personal best.

Laura Crowe An Ríocht showed her return to form in the womens 800m where she finished in third place in a time of 2.07. Other athletes to compete but finish outside the medals on this occasion included Daniel Clifford shot and discus, Alan O Connor Shot, Tony Barnett Javelin, Philipe Barnett Javelin, Colm Lynch 200m and 400m, Dylan Roche 100m and 200m, PJ Galvin High Jump and Conal O Callaghan 100m.

The national multi events championships were held the previous weekend in Tullamore and Kerrys sole representative was Ger Cremin An Ríocht in the senior mens decathlon. Ger finished in second place with a total of 4329 points which was a personal best; Ger also had personal bests in the 110m hurdles with 16.94 and pole vault with 2.20m.

Emma Prendiville Farranfore Mainevalley was Kerry's only athlete this season to qualify for a major championship when she competed in the European Junior championships in Estonia in the 10k race walk where she finished in an excellent 15th position. Emma now looks forward to the World junior championships in 2012 where she will be competing in her full age category.

The Kilgobnet 4 mile road race was held on Fri 29th July with a turnout of approximately 40 athletes. Mick Traynor of Raheny Shamrocks in Dublin was the race winner in a course record of 20.00 minutes. Ed Murphy Gneeveguilla finished in second place with Robert Purcell also Gneeveguilla in third. Maura Heffernan Liscarroll won the womens race in 28.04 with Cillian O Donovan Iveragh winning the junior mens title in 22.07.

The Banna Run 10k road race was held on Sunday July 31st with over 150 taking part. Kerryman Frank Mangan who runs for Raheny Shamrocks in Dublin retained his title and the Tom O Riordan perpetual trophy with a time of 34.51. Billy O Brien An Ríocht finished second with Ross Higgins Ardfert in third. Veronica Colleran from Ennis won the womens race in 37.44 with Ann Marie Holland in second and Heather Sinclair in third.

The following Kerry athletes have been selected to represent Ireland at the upcoming Celtic Games International in Antrim on August 12th; David Kavanagh U18 1500m, Jonathan Foley U18 Pole Vault, Una Marley U18 Pole Vault, Kayleigh Cronin U16 Discus and Mairead O Neill U18 Hammer. Shane Delaney St Brendan's will also be one of the Irish management team.

Kerry AAI held a small graded meet on the bank holiday Monday at An Ríocht track. Highlights included Alan O Connor Tralee Harriers 13.33m personal best in the shot; Anna Meria Costello's Gneeveguilla personal best of 10.41 in the 3000m and Jack O Sullivan Farranfore MV's personal best of 51.94 in the 400m. Thanks to everybody who attended.

Upcoming Events-

Sat 12th Aug-Celtic Games-Antrim

Sat 20th Aug-National league Final-Tullamore

Sun 21st Aug-National Masters T&F-Tullamore