

## 2016 COUNTY TRACK AND FIELD DAY 2 RSC

So we have to move across the bridge for the 2nd day of our counties. And we survived! While some of our athletes abandoned us in favour of a trip to the Aviva, and more sent their parents off to Bruce Springsteen so they could have peace and quiet for one night .. (joking ok), those that made it to the RSC did very well indeed. Yours truly was not able to take as many photographs as usual (due to officialdom duties) so apologies to the younger athletes for being out of shot - I will remedy that Sunday). We excelled in the middle distance and shot putt events. Our younger athletes are all doing well and shaping up for championships in 2 years time! Keep up the good work 9s and 10s. While some of them did not feature in the medals - I can assure them they are on their coaches radar as potentials for the future.

Fine wins by Eve Dunphy, Juliette Evans, Ben Wallis, David Williams, Tara Ramasawmy, Aoife Allen and Jonathan Crowley in the distance events. Aoife Allen proved she can have a fantastic finish when she led all the way and threw off a late challenge by KCH to storm through by a clear margin down the final straight.

Great to see Josh Fenton back to full form when he ran a tactically brilliant race to come second to an all Ireland medallist.

Clodagh Monahan despite being nervous running her first ever 1500 paced herself really well and was 2nd to the reigning all Ireland champion. Looking very comfortable indeed at the distance.

The shot putt competition is really heating up in the boys u/13. With Tadhg Connolly producing a PB of 11.09 at the Leinster Combined events last week - last night saw his club mate and arch rival Mark Wallis producing a whopping 11.23 for a new PB. These athletes regularly train together - thus the Leinsters will be a thrilling competition. A new PB too for Niall Vogelaar who won the u/14 boys shot.

We are new to hurdles this year and the training is paying off. Sophie Jackman was 1st u/16, Clodagh Monahan 2nd u/14, Saoirse Allen 2nd u/14 and fine runs from both David Williams and Naoise Gilmartin - u/12 with David just edging out Naoise for 3rd spot. Newcomer Sophie Jackman had a great win in the hurdles. Thomas Sheridan was 2nd in the u/17 hurdles and won the u/17 triple jump.

It was nice to see some of our athletes reach into the junior ranks too. Jonathan Crowley 1st in the mens 1500m and Michelle McDonald 1st in the junior ladies 1500m while Thomas Sheridan won the jnr mens High Jump. Jonathan Crowley for his sins ran a new PB. Well done to both Michelle McDonald and Jonathan for keeping up the training despite being leaving cert year.

### Full results - Girls

u/10 300m 1. Eve Dunphy

u/11 300m 1. Juliette Evans

u/13 300m 3 Saoirse Allen

u/14 1,500m 2 Clodagh Monahan

u/15 1,500m 1 Tara Ramasawmy, 3 Sophie Jackman

u/16 1,500m 1 Aoife Allen

Jnr 1,500m 1 Michelle McDonald

u/13 hurdles 2 Saoirse Allen

u/14 hurdles 2. Clodagh Monahan

u/16 hurdles 1. Sophie Jackman

u/14 Discus 2 Susan Murphy

u/15 4 X 400m relay 2nd (Clodagh Monahan, Susan Murphy, Tara Ramasawmy, Sophie Jackman).

### Full results - Boys

u/9 200m 2 Anil Ramasawmy

u/10 300m 2. Issac Carew

u/11 300m 1 Ben Wallis

u/12 300m 1 David Williams  
u/14 1,500m 2 Josh Fenton  
Jnr 1,500m 1 Jonathan Crowley  
u/10 shot 3 Issac Carew  
u/11 shot 3 Ben Wallis  
u/12 shot 3 David Williams  
u/13 shot 1 Mark Wallis, 2 Daniel Griffin  
u/14 shot 1 Niall Vogelaar  
u/16 shot 2 Jason Murphy  
u/11 hurdles 3 David Williams  
u/17 Hurdles 2 Thomas Sheridan  
Jnr HJ 1 Thomas Sheridan  
u/17 TJ 1 Thomas Sheridan