

## **2016 COUNTY TRACK AND FIELD DAY 3 KILMACOW**

Another glorious day of sunshine sees athletes and parents basking in both sunshine and athleticism. Flanked on the banks of the track spectators were treated to a great afternoon of sporting entertainment. A big thank you to everyone who made today possible. I know many of you have given so much time over the past few weeks working to make the track ready and helping out at the events themselves.

The club did very well overall, taking home 14 gold, 20 silver and 19 bronze medals. Our girls u/10 relay of Eve "the flyer" Dunphy, Aine O'Callaghan, Charlotte Carpendale and Amelia Walsh literally stormed home to win by a large margin. Eve was also 1st in the 60m, 1st in the 200m and 2nd in the shot putt. A nice collection for the afternoon.

A great performance by Peter McDonald in the boys u/13 javelin. Peter has been going from strength to strength throwing up to 28m. And with his dedication to the event we should see more to come.

Saoirse Allen got a new PB when she wowed audiences to scale the height of 1.44m in the girls u/13 High Jump.

David Williams continued his dominance of the middle distance events when he had another first this time in the 800m in the boys u/12. Naoise Girmartin got his first individual county medal with 3rd in the same race. Also to continue to dominate in the middle distance events was Jonathan Crowley - taking the u/19 800m title along with the 5000m title. Juliette Evans and Caoimhe Phelan had a 1,2 in the girls u/11 300m - while Libby Murphy showed she has the distance mojo to be a great athlete when she finished a very strong 2nd in the girls u/12 500m. Josh Fenton once again proved he is making his mark on the middle distance events with a good 2nd to an All Ireland medal winner.

In the shorter races we had Eve Dunphy, Eoin Aylward and Juliette Evans all got gold.

Both Susan and Grace Murphy look set to join our throwers group when they gained 3rd and 2nd in their respective shot putts.

Elsewhere some of the other athletes are showing emerging talent and with some good coaching we should see them feature in the results over the next few years.

### **Results Girls**

u/10 60m 1 Eve Dunphy  
u/11 60m 1 Juliette Evans  
u/13 80m 3 Saoirse Allen  
u/15 80m 3 Sophie Jackman  
u/10 200m 1 Eve Dunphy  
u/11 300m 1 Juliette Evans, 2 Caoimhe Phelan  
u/12 500m 2 Libby Murphy  
u/13 500m 2 Saoirse Allen  
u/15 400m 2 Sophie Jackman  
u/16 400m 2 Aoife Allen  
u/10 Shot 2 Eve Dunphy  
u/11 shot 3 Grace Murphy  
u/14 shot 2 Susan Murphy  
u/15 shot 3 Sophie Jackman  
u/13 HJ 1 Saoirse Allen  
u/15 HJ 3 Sophie Jackman  
Relay girls u/10 1st  
Relay girls u/12 3rd

### **Boys**

u/9 200m 3 David Phelan

u/11 60m Eoin Aylward  
u/11 300m 2 Ben Wallis, 3 Eoin Aylward  
u/12 800m 1 David Williams, 3 Naoise Gilmartin  
u/13 800m 3 Tadgh Connolly  
u/14 800m 2 Josh Fenton  
u/19 800m 1 Jonathan Crowley  
Jnr 5000m 1 Jonathan Crowley  
u/11 LJ 2 Eoin Aylward  
u/12 LJ 2 Keelin Roche, 3 David Williams  
u/11 Turbo Jav 3 Ben Wallis  
u/13 Javelin 1 Peter McDonald  
Relay boys u/10 3rd  
Relay boys u/12 2nd  
Relay boys u/14 2nd