

St Senan's AC Notes

Kilkenny County Championships: Day 1

The main track competitive season has now officially begun with the start of the county championships. A panacea of fantastic performances on the track and field means St. Senans are now 2nd in the club rankings for the best club in Kilkenny – behind KCH (who are 6 times bigger than ourselves) and we are ahead of St. Josephs and Thomastown. A grand haul of 55 medals was brought home while we had over 60 athletes from the club taking part on the day. All athletes who participated deserve credit for this result. And a special thanks to the parents who travelled to Kilkenny for their support and time on this bank holiday weekend.

It was nice to see our athletes complete across a multitude of events – the spring league giving them the confidence and experience to do so. Both Juliette Evans (Girls u/10) and David Williams (Boys u/11) repeated their sprint and 500m doubles from last year. While Josh Fenton impressed in the boys u/13 500m leading from the gun to annihilate a very competitive field. Josh is an athlete who has steadily progressed this last year and looks like he has a good future ahead of him. Consistent training does yield dividends. Eoin Maher displayed his versatility by winning the 250m Hurdles, adding yet another event to his rapidly growing repertoire of events he can master. Isabel Morgan showed class and experience in the girls u/17 walk and won by a very comfortable margin – with Molly O'Shea winning the girls u/16 event. Thomas Sheridan won his favourite event the High Jump with the boys u/13 relay retaining their title from last year.

Aoife Allen defied all odds by winning the girls u/15 long jump – beating the odds on favourites from KCH. With some more practise she could be a promising long jump contender. Meanwhile Amy Redmond and Lorna Monahan displayed their jumping brilliance by taking medals u/16 in the Long Jump. The recent turbo javelin training seems to have paid off with Juliette Evans taking bronze u/10 and Libby Murphy taking bronze u/11.

Aine Phelan was back to full form having suffered a winter of injury – when she ran a very strong race to take silver in the girls u/15 800m. Nell Murphy took the bronze – her first ever medal in this event.

We have a strong contingent in our younger members (u/9 to u/12) with 3 relay teams to boost in the boys under 11 and 2 in the girls u/11. So keep coming training boys and girls – the results are starting to show for all your hard work. Athletics despite being viewed as an individual sport by many – is in fact very team oriented. Training together ensures that athletes constantly improve their performances and at the same time have fun in this team environment. Our members support one another through the joys of winning and the anguish of injury and loss. Anyone who cares to watch our training sessions will witness this.

It is not possible to mention everyone's performance here but the results speak loud of all the achievements on the day. It has to be mentioned that all athletes deserve credit for participating and doing their best. One thing for sure –medals or no medals - none of our athletes are desiccated when it comes to competing.

I have no doubt that we will see some of their names appear on the results over the coming weeks. So do come along next Sunday at 11am to the track in Kilkenny for Stage 2 of the County

Championships. Please like our page on facebook "St Senans AC" for a complete list of events for Day 2 – May 10th.

Officials

Thanks to those parents in the club who volunteered as officials on the day. It is a long day with lots of events in both the track and field and without the help of volunteers the event could not have been organised. Special thanks to Bill Lacey (starts), Elaine Kearns (Javelin), Leela O'Shea (High Jump), Perri Williams (Long Jump) and Bronagh Kearns (Long Jump). We would appeal to the better nature of our adult members and ask others to volunteer for day 2. Names can be given to Elaine Kearns.

Track Results

Girls' U-15 250H: 3 Shauna Finn;

Girls' U-16 250H: 2 Lorna Monaghan , 3 Molly O Shea

Boys' U-16 250H: 1 Eoin Maher

Girls' U-10 80m: 1 Juliette Evans, 3 Caoimhe Phelan

Boys' U-10 80m: 2 Eoin Alyward , 3 Shane Morrissey ;

Girls' U-11 80m: 3 Libby Murphy ;

Boys' U-11 80m: 1 David Williams , 3 Keelin Roche ;

Boys' U-13 80m: 3 Nick Kleign ;

Boys' U-16 100m: 3 Eoin Maher ;

*Girls' U-16 200m:*1 Lorna Monaghan , 2 Amy Redmond

Girls' U-17 200m: 3 Isabel Morgan ;

Girls' U-10 300m: 1 Juliette Evans , 3 Caoimhe Phelan ;

Boys' U-10 300m: 2 Eoin Alyward , 3 Ben Wallis ;

Boys' U-16 400m: 2 Eoin Maher ,

Girls' U-11 500m: 3 Libby Murphy ;

Boys' U-11 500m: 1 David Williams ,

Boys' U-13 500m: 1 Josh Fenton ,

Girls' U-12 800m: 2 Saoirse Allen ,

Girls' U-15 800m: 2 Aine Phelan , 3 Nell Murphy ;

Girls' U-16 800m: 2 Molly O Shea , Amy Redmond

Boys' U-15 Walk: 3 Tadgh Knox ;

Girls' U-16 Walk: 1 Molly O Shea ;

Girls' U-17 Walk: 1 Isabel Morgan ;

4 x 100m Relays:

Boys' U-13: 1 St Senans,

Girls' U-15: 3 St Senans

Girls' U-17: 2 St Senans;

Field Results

Girls' U-10 Turbo Jav: 3 Juliette Evans ;

Girls' U-11 Turbo Jav: 3 Libby Murphy ;

Girls' U-16 Javelin: 2 Amy Redmond , 3 Lorna Monahan ;

Girls' U-17 Javelin: 2 Isabel Morgan ;

*Girls' U-12 Long Jump: 2 Saoirse Allen (TT),
Girls' U-15 Long Jump: 1 Aoife Allen ,
Girls' U-16 Long Jump: 2 Amy Redmond , 3 Lorna Monahan ;
Boys' U-16 Discus: 3 Thomas Sheridan ;
Boys' U-16 High Jump: 1 Thomas Sheridan ,*

East Munster Schools Results

A number of St. Senan's athletes travelled to Templemore last week for the East Munster Girls Athletic Championships. The results were as follows:

Junior Girls

1,200m walk 3rd Molly O'Shea (Newtown)
200m 3rd Lorna Monahan (Waterpark), 5th Amy Redmond (Abbey CC)
Triple Jump 2nd Lorna Monahan (Waterpark)
1500m 5th Eimear Larkin (Abbey CC), 6th Nell Murphy (Urslin)

Inter Girls

2km walk: 3rd Isabel Morgan (Urslin)
1,500m 10th Anne Marie Moloney (Abbey CC)
80m Hurdles 2nd Molly O'Shea (Newtown)

Fixtures

May 6th East Munster Schools Boys, RSC Waterford.
May 10th Day 2 County Championships, Kilkenny 11am
May 22nd Day 4 County Championships, Kilkenny 6.45pm.