

Kilkenny County Championships Day 2

Messianic efforts by St. Senan's athletes at the second stage of the county championships in Kilkenny see's the southern Club retain their second place in the overall results for the best club in the county. Despite a smaller program than the first stage - a grand total of 60 medals were amassed from the day's events including 10 gold medals to boot. Amid Siberian weather conditions, the day got off to a great start when Anil Ramsamaway won the u/8 60m with ease and conviction – looks like he is set to follow in the footsteps of his three elder siblings. Juliette Evans and David Williams added more gold to their haul from last week. Paradoxically, Aaron Donnelly achieved gold in the boys u/16 long jump as opposed to his usual niche of 1,500m – beating some great athletes in the process. Also in the long jump Keelin Roche avenged his earlier defeat in the sprints by retaining his long jump title from last year with a fantastic leap of 4m 09 cm in the boys u/11 event. The ever smiling and convivial Saoirse Allen showed her versatility by winning the high jump in the Girls u/12 as well as finishing a strong 2nd in the 800m. The elder Finn – the Daddy of them all, showed some sparks this week when winning the masters 100m and 200m. Word has it that he has been getting lessons from Usain Bolt of late and is secretly training for Rio. It was nice to see some of our ladies to evolve to the junior ranks – with Michelle McDonald dominating the junior ladies 800m from start to finish.

Recent Javelin training with former St. Senan's javelin supremo Aileen Walsh seems to have made a positive impact on the clubs javelin performances and participation numbers. The club is emerging as the dominant force over all in this event. We had fine medal winners in David Williams u/11, Tadhg Connolly and Peter McDonald u/12 and Shane Morrissey u/10 – with several other top 6 placings in along the way. A massive thanks to Aileen for her coaching efforts and bringing these youngsters from a battlefield of spheres and rockets, into the sophisticated world of javelin throwing. Despite communions and all things ecclesiastical being on this weekend – we still managed some fine performances in the relays with multiple teams in some age groups including 3 teams to boot in the boys u/12 and some fantastic overall performances by teams across the spectrum of age groups.

Congratulations to all our athletes for competing this weekend and despite the fact that some of you may not have medalled – please be pleased with your performances. Soldier on with determination and conviction that you are as good as any other athlete – the world as of now has just had an infinitesimal glimpse of what greatness you can achieve with a little more training and a few more years.

Down Memory Lane

As a novel piece of writing this week we thought we would share some ancient annals of past performances with our readers. The year was 1980 – 35 years ago now. St Senan's won the overall shield for the best track and field club in the county – beating KCH in the process. This added to the accolade of already having achieved the best cross country club the same year. Featuring strong in the results were some names familiar to present day athletics. We shall refrain from giving the age groups at the risk of offending the mentioned antiquarians. Bill Lacey secured a double – winning both the 800m and 1,500m. Also to secure a double was Perri Williams in the 400m and 800m. and Cait Quinlan (now Caulfield) in the hurdles and 100m. Cait, having since emigrated across the Suir and is now a well-established coach in Waterford A.C. Margaret Lacey mother to Aine and Caoimhe

Phelan gained a medal in the 800m while Aileen Walsh was victorious in the Javelin. Another committee member to medal in the sprints was Elaine Kearns dressed as a Mooncoin athlete on this occasion.

Results from Day 2

Boys' U-8 60m: 1 Anil Ramaswamy, *200m:* 3 Anil Ramaswamy

Boys' U-9 60m: 3. Isaac Carew

Girls' U-10 60m: 1 Juliette Evans, *300m:* 1 Juliette Evans, 3 Caoimhe Phelan

Boys' U-10 60m: 3 Eoin Aylward *300m:* 2 Ben Wallis, 3 Eoin Alyward, *Turbo Jav:* 2 Shane Morrissey

Boys' U-11 60m: 3 David Williams, *300m:* 1 David Williams, *Long Jump:* 1 Keelin Roche, 2 David Williams, *Turbo Jav:* 2 David Williams

Girls' U-12 80m: 3 Saoirse Allen, *500m:* 2 Saoirse Allen, *High Jump:* 1 Saoirse Allen, 3 Rose Sheridan

Boys' U-12 Long Jump: 3 Peter McDonald, *Turbo Jav:* 2 Tadgh Connolly, 3 Peter McDonald

Boys' U-13 800m: 3 Josh Fenton

Girls' U-14 Walk: 3 Clodagh Monaghan

Boys' U-14 800m: 3 Cian Kavanagh, *Long Jump:* 3 Cian kavanagh

Girls' U-15 Walk: 3 Aoife Allen, *High Jump:* 2 Shauna Finn

Girls' U-16 100m: 3 Amy Redmond, *High Jump:* 2 Molly O Shea, *Shot Putt:* 3 Molly O Shea

Boys' U-16 200m: 2 Eoin Maher, 3 Aaron Donnelly, *800m:* 2 Aaron Donnelly, 3 Eoin Maher, *Long Jump:* 1 Aaron Donnelly, 2 Eoin Maher, *Javelin:* 3 Thomas Sheridan

Girls' U-17 Shot Putt: 3 Isabel Morgan

Boys' U-18/19 800m: 2 Jonathan Crowley

Junior Women 800m: 1 Michelle McDonald

Masters Men: 100m: 1 John Finn, 200m, 1st John Finn.

4x100m Relays:

Girls' U-10: 2 St Senans;

Boys' U-10: 2 St Senans

Boys' U-14: 2 St Senans

Girls' U-16: 2 St Senans

Fixtures

May 22nd 6.45pm Day 4 County Championships Kilkenny

May 23rd Leinster Juvenile Relays and Juniors

June 6th Leinster Pairs and u/12 and u/13 Championships, Tullamore

June 7th Little South 4 mile run Kilmacow 2pm. Please "like" our Facebook page for more information.