

## **Club League Final**

The final of the annual Club League was one of the most enjoyable competitions of the year. The competitive instincts of all the children were very evident especially with an Easter egg at stake. It proved to be another enjoyable day with lots of young athletes showing potential across all the disciplines.

### **All the Results**

In the Boys U/9 Anil Ramsawmy was leading from Day 1 with Alfie O'Shea gaining victory on Day 2 and when Ben Brennan was added to the mix this final was always going to be interesting. A close fought affair but in the end Alife took 1st, with Anil 2nd and Ben 3rd. Some interesting high jump tumble techniques on display look out Bob Fosbury! In the Girls U/9 there was an excellent performance from Emily Cooney who won every event on Day 3 and took the honours in three out of the five days. Emily was first overall with Evelyn Williams 2nd and Clodagh Cooney 3rd. Lovely race walking from Evelyn and Keelin Henneberry looks like a promising prospect in the shot putt and Long Jump. In the Boys U/11 again another close content. Ben Wallis won Day 1 with Eoin Aylward winning Day 2. On Day 3 the victory went to Eoin with Ben 2<sup>nd</sup> and David Sheridan 3rd overall. Issac Carew showed great potential in the Long Jump, while David Sheridan might follow big brother Thomas in the High Jump. Ben Wallis shows all the signs of being a great race walker. And a jump of 1.15m from Eoin Aylward is something to be noted.

### **Dead Heat**

In the Girls U/11 there was a huge field with a tie for first place between Eve Dunphy and Caoimhe Phelan with Grace Ramsawmy taking 3rd spot. Juliette Evans showed huge potential in the shot, with some great race walking skills from Keelin Duggan, Caoimhe and Juliette. Anna Fenton had a great win in the Javelin, while newcomer Grace Murphy displayed some nice shot putt skills. In the Boys U/13 there was another first place tie here with David Williams and Tadgh Connolly both taking the honours, with a tie also for 3rd place between Keelin Roche and Peter McDonald. Tadgh recently finished 4th in the All Ireland Indoor shot and again threw over 10m. Our shot putters in this age group are very strong. Peter McDonald won the Javelin in fine style and is looking good for the coming season. Gearoid Long has excellent technique in the Walk and is one to watch in the next few years. Great to see abilities coming through in all the events here.

### **Opportunity Knox**

In the Girls U/13 event following a win on Day 1 and 2 Doireann Knox was never going to be beaten and went on to win in style. In 2nd place was Libby Murphy who impressed in the shot with 3rd place going to Rose Sheridan who looked great in the high jump. Sophie Williams has the makings of a great little race walker - with technique and determination to match. Saoirse Allen who recently qualified for the Indoor All Irelands in HJ, 600m and 60m.won both the High Jump and Javelin. In the Boys 14+ - Thomas Sheridan established his supremacy by again taking overall victory in this stage. He displayed some excellent high jumping, where all our athletes watched in awe as he scaled new height. In 2<sup>nd</sup> place was newcomer Jason Murphy with 3rd place going to Cian Kavanagh. Some emerging talent here too such as Ryan Cummins at race walking. Finally in the Girls 14+ there was a great overall win by Susan Murphy whose talents will no doubt shine through this summer. In 2nd was Sophie Jackman another newcomer with lots of potential. There was a three way tie for 3rd place between Race Walking queen Isabel Morgan, Pole Vaulter Molly

O'Shea and Cross Country Runner Aoife Allen, proving that this league can be won by anyone with any speciality. Thanks to all who helped make on the day: Alicia Brennan, Jean Evans, Brian Williams, Catherine Lowe, Maria Walsh, Leela O'Shea, Claire Buckley, Stephen Carew, Margaret Lacey, Helena Hennessey and Perri Williams. And to others like Paul Murphy, Lar Gilmartin, June Long, Gillian Kavanagh, Celia Monahan, Alan and Justyna Duggan who helped on other occasions.

### **St Abbans Open Sports**

The club will make another foray when they tackle the St Abbans Open Sports on Monday 2<sup>nd</sup> May. Make sure your name is down for the bus if you intent travelling.

### **Fixtures:**

25th April (Monday) Relay trials Kilmacow Sports Complex 7pm

2nd May (Bank Holiday Monday). St Abbans Open Sports

15th May (Sunday) County Championships - Day 1. Kilkenny 11am.

### **Quote**

*'Champions find a way, failures find an excuse*