

MOYNE AC

Munster "B" T & F Championships: Ennis, Co Clare was the venue on Sunday last for this event in which we had 1 Juvenile Athlete participating. Niamh Ryan took part in the Long Jump event and although her recent form has not been too good Niamh finished 3rd overall with a jump of 3.70. In the 600m event Niamh ran a great race keeping in with the leading group right through and was in 5th place coming into the last 100m where she sprinted for home bringing herself right up to 1st place but unfortunately was just taken at the line and so finished 2nd overall in a very competitive and close race – well done Niamh on a great day out.

Thurles Tower 10k Road Race: 17 of our senior athletes took part in the first ever Tower 10k which took place on Friday evening last under ideal weather conditions with all proceeds from the event going to Thurles Community Hospital of the Assumption. Eileen Ryan was our only prize winner finishing 2nd in the O/50 category and we also had 4 athletes recording PB's on the night. Liam Kelly once again had a fantastic run finishing 6th overall in 36.18(PB), Lisa Quinlan 44.40 (PB), JJ Fitzgerald 44.25 (PB), Joe Kennedy 46.42 (PB), Richard Daly 41.40, Damien McDonnell 43.39, Dermot Campion 46.13, Edel Leahy 46.28, Patricia Ryan 50.52, Norma Walsh 54.16, Sharon Kiely 55.14, Evelyn Cornally 60.34, Eileen Ryan 60.35. Ray Power, Liz Power, Rosie Cleere & Frances Long also completed the 10k course and continued to run home to Moyne as they are training for a Half Marathon in September so unfortunately no official times are available for them – well done to all who took part.

Summer Camp: Our 2nd annual Summer Camp took place last week over 3 days, 15 athletes aged 9+ were in attendance and a most enjoyable time was had by all. National events coach Jackie Frayne was in attendance on Friday providing expert advice and tips for Long Jump and High Jump techniques and on Saturday Throws Coach Michael Mockler was on hand to share his expertise on Shot and Discus – we thank both Jackie and Michael for their time and invaluable coaching . We also say a big thank you to our Club Coaches Paddy Doyle, Eibhlis Purcell, John Flynn, Damian McDonnell, Eileen Ryan and everyone that helped out for giving up their valuable time for the camp and also the advance preparation of the event – well done to all involved and we hope that each athlete took away some valuable tips which may be of use in the future whilst also enjoying each day's events.

Meet & Train: Meet and train sessions for adults (male & female) continue as normal on Monday evenings at 7pm. All are welcome.

Upcoming Fixtures: Sat 28th & Sun 29th July – AAI Juvenile T & F Championships – Tullamore. Sunday 29th July – Ballynonty A.C 10 mile Road Race @ 11am. Sunday 19th August – Boston Scientific Half Marathon – Clonmel @ 11am. Friday Aug 24th – Moycarkey Coolcree Road Race - Two Mile Borris @ 7.30pm. Sunday Sept 30th - Tipperary Ladies Mini Marathon – Thurles @ 11am.