

Keith King and Niamh Markham take bronze medal at National championships in Nenagh.

The National Senior, Junior, Masters ladies and mens track and field Indoor Combined Events plus the National Junior Championships were held at the Nenagh Indoor Arena on Saturday and Sunday and a fine turnout of Clare athletes took part in these National Multi Events with Keith King Kilmurry Ibrickane/North Clare taking a bronze medal and in the 56lbs for distance David Tierney who hails from Ennistymon and competing with Leevala A. C. Cork captured the gold medal with a throw of (8 . 16metres).

The Masters Pentathlon O/35-O/49's David Courtney Ennis Track and Tommy Greene St Johns were in action with James Sexton Kilmurry Ibrickane/North Clare in the Quadrathlon O/50's with David Courtney and Tommy Greene first into action in the 60metres hurdles Tommy (11 . 46secs) and David 11 . 48secs) their next event once again a close battle in the Long Jump David jumping (4 . 90m) and Tommy clearing (4 . 88m) their third event Shot Putt and Tommy Greene producing a very big throw of (11 . 12metres) and David throwing (9 . 30metres) then onto to the High Jump and Tommy clearing (1 . 48m) and David (1 . 32m) and down to the final event the 1000metres with David Courtney running (3mins . 25 . 9secs) and Tommy Greene (3mins . 56 . 6secs) with the victory going to Paul Curran Tallagh and David Courtney 5th with Tommy Greene 6th.

James Sexton Kilmurry Ibrickane/North Clare competing for the first time in the Masters O/50's Quadrathlon the first event 60metres in (10 . 66secs) Long Jump (3 . 01m) Shot Putt (7 . 46m) and his final event the 1000metres in (3mins . 20secs) with victory going to Joe Gough West Waterford and James Sexton 5th.

The National Senior Multi Events Keith King Kilmurry Ibrickane/North Clare competing in the Pentathlon and the 60metres hurdles (10 . 95secs) he produced three great throws in the Shot Putt (10 . 24metres) taking third spot in the Long Jump with a leap of (5 . 78m) and his main event the High Jump and clearing (1 . 74m) and taking top spot and with four events now complete it was all down to the 1000metres and he produced a great time of (3mins . 12secs) to take him to the bronze medal with gold going to Ger Cremin An Riocht of Kerry.

The National Junior Track and Field Indoor Championships on Sunday Niamh Markham Ennis, Laura Egan Kilmihil and Harriett Flynn Shannon all contested the 1500metres final and over seven and half laps of the track Niamh Markham was always in contention and the final two laps she had to produce a very strong finish to take the bronze medal with Laura Egan having a fine run to finish 5th with Harriet Flynn 6th and one hour later Harriett Flynn Shannon was in the 800metres final and finish a very 4th place.

The Junior Mens 200metres Cormac Lynch Marian came through the heats in flying colours and he produced a big run in the final to take the Silver medal in (23 . 42secs) the gold going to Kieran Elliott North Sligo (22 . 99secs) and Cormac also made it through to the 60metres final and finishing 4th in (7 . 2secs)

Results:

Senior Multi Events Pentathlon.

- 1 Ger Cremin An Riocht = 2674pts.
- 2 Derek Callan Crusaders = 2647pts.
- 3 Keith King Kilmurry Ibrickane/North Clare = 2538pts.

Masters Multi Events Pentathlon.

O/35 – O/49's

- 1 Paul Curran Tallagh = 2638pts.
- 2 Colin Mc Hugh Droghead & District = 2313pts.
- 3 Brendan Meagher Nenagh = 2178pts.
- 4 David Turner Naas 2107pts.
- 5 David Courtney Ennis Track = 1826pts.
- 6 Tommy Greene St Johns = 1805pts.

Masters Multi Events Quadrathlon.

O/50 – O/60's

- 1 Joe Gough West Waterford = 1561pts.
- 2 Larry O Grady Bilboa = 1125pts.
- 3 John Terriff St Abban's = 1113pts
- 4 Patrick Moran Mayo = 1095pts.
- 5 James Sexton Kilmurry Ibrickane/North Clare = 919pts.

Senior Mens 56lbs for distance.

- 1 David Tierney Ennistymon and Leevale (8 . 16m)
- 2 Sean Breathnach Galway City harriers (8 . 01m)
- 3 Seamus Fitzpatrick North laois (7 . 77m)
- 5 Michael O Brien Tulla (6 . 46m)
- 7 Tom Jones Ennis Track (4 . 86m)

National Junior Results

Ladies.

800m.

- 5 Harriett Flynn Shannon (2mins . 35 . 45secs)

1500m.

- 3 Niamh Markham Ennis Track (4mins . 59 . 60secs)
- 5 Laura Egan Kilmihil (5mins . 23 . 25secs)
- 6 Harriett Flynn Shannon (5mins . 26 . 81secs)

3000m Walk

- 1 Katie Veale West Waterford (13mins . 29 . 37secs)
- 8 Claudia Loughnane Marian (17mins . 4 . 31secs)

Men

60m

- 4 Cormac Lynch Marian (7 . 2secs)

200m

- 2 Cormac Lynch Marian (23 . 42secs)