

### \*\*\* Sinead Sizzles in Tullamore \*\*\*

#### Day 3 - National Juvenile T&F – Tullamore – 12<sup>th</sup> July 2025

It was back to Tullamore (everyone's second home lately) today for Day 3 of the National Juvenile T&F Championships today. Well done to all our club athletes who were out competing. Sinead Fitzpatrick was the standout performance of the day winning the Girls U14 1500m in a blistering time of 4:40.75 🔥🔥

Special shout out to Zoe Dunne 🏅 and Rachel Ayres 🏅 who picked up bronze medals in their respective events 🥉🥉🥉

Best of luck to our juveniles competing tomorrow in the National Juvenile 'B' T&F & Relay Championships 💪

U14 Girls 1500m - Sinéad FITZPATRICK 1st 🏆 4:40.75 (PB) 🔥

U15 Girls 250m Hurdles - Zoe DUNNE H2 2nd 39.12s Q / Final 3rd 🏅 37.89s

U17 Girls 300m Hurdles - Cara ENGLISH H1 4th 47.31s q / Final 6th 46.68s

U17 Girls High Jump - Aaliyah TROY NM, Cara ENGLISH 8th 1.40m

U17 Girls Triple Jump - Aaliyah TROY 5th 9.78m

U17 Boys 1500m - Will DUFFY 15th 4:27.18

U18 Boys 400m Hurdles - James HYLAND 6th 60.13s

U19 Girls 1500m - Rachel AYRES 3rd 🏅 4:50.06