

...you had a great weekend and went home with smiles on their faces and tired legs. We would like to thank all our athletes, trainers and parents who helped out and especially to the Limerick Community Games Committee for providing a great weekends entertainment and sport. On a final note we would like to wish all the best to our U-10 Girls Indoor Soccer team and our U-13 Girls Futsal team all the best in the Munster finals on the 4th of July in UL.

BALLYHOURA ACTIVE

ACTIVE SERIES: The Ballyhoura Active series is back this Friday night in the town of Bruff. An Bru AC have a lovely 5 mile for all you speedsters. This a fine route and no doubt if you are looking for a good time and a good race this is the place to be on Friday night 3rd of July @ 8pm reg is from 6pm in the local GAA club house. Tea and refreshments will be served here after the event also. An Bru AC are a relatively new club but a very innovative one, since they were set up they have become one of the Largest athletic clubs in county Limerick. When you come to their race you will see why, as they have great members all willing to play their part. During the year Derek Casey organised an attempt to break the world

On top of that he broke the minute 100 Front Crawl (59.54). Luke was on a winning streak smashing his personal best times left hand hand centre. Michail Lambert from LSC won Gold in the 100 Butterfly, Silver in the 200 Individual Medley and Silver in the 100 Front Crawl. Trease Ni Cheadigáin won Gold in the Girls 15-18 Age group in the 200 Back Crawl. In the 15 and under Boys Relay, there was Silver for the following swimmers: Michail Lambert, Darragh O'Connor, Niall Kelly and Hesham Malik. Iseult O'Connell, Amy Killeen, Amber Gleeson, Caoimhe Killeen, Emma Gaffney, Emily McNamara, Darragh O'Connor, Hesham Malik, Zac O'Connor, Niall Kelly, Joe Scully all swam well in their personal events obtaining PBs. Emer Boland and Ava Barrett did well in the Girls swim relays

ST MICHAEL'S ROWING CLUB

RECENT REGATTAS: St Michael's Rowing Club had a busy month of June, with regattas attended in Athlone, Cork and Castconnell over the past three weekends.

ATHLONE REGATTA: Athlone Regatta saw a good number of SMRC Juniors coming out the wrong

side of tight races, with up to a dozen crews recording 2nd place finishes throughout the day. However the reliable J15 sculler Dylan O'Byrne came out the right side of his single-sculls final to get St Michaels on the medal winners board, and at the other end of the age-spectrum Stuart McDonnell also won his Masters Singles final. **CORK REGATTA:** Cork Regatta was held over two days this year at the National Rowing Centre in Cork. On the Saturday, St Michael's recorded a good win in the Mens Junior A Coxed Four; and followed up with four wins on the second day, with victories in the Women's Intermediate Pair (Alice O'Sullivan and Sarah Murphy) Womens J16 Coxed Four, Womens J15 Coxed Quad (Cara Lowe, Suzie Smith, Jessica Deveraux & Jennifer White, with cox Anna Sheehan), and Ryan Spelman in the Mens J15 Single.

CASTLECONNELL SPORT: The final regatta of the season for those not going to the Irish Championships next month was the Castleconnell Sprint Regatta held on Saturday 27th in nice conditions. This regatta gives local clubs an opportunity to see their rowers in contest at close quarters, with the entire course visible from the riverbank at Castleconnell Boat Club's Facilities. There was strong competition

from visiting crews, in particular Shandon Boat Club from Cork, as well as Lee, Carlow, Killorglin and of course the host club, to mention but a few. St Michael's had a number of successful crews; Dylan O'Byrne renewed his winning run by taking the prize in both the J15 and J16 singles events, and he was also stroke-man in the successful J16 Quad which was coxed by Alison Kiely. Diarmuid O'Hanlon took over stroke seat for the J16 Four; with the remaining crew of Sam Kealy, Pa McGowan and Matt Keating in situ, with Alison's brother Evan doing the steering to this win. Ned Murphy and Matt Beegan won their J16 Double-Sculls, with Molly McGann and Mary O'Connor taking the Women's equivalent. The Women's Club2 Coxed Four crew of Louise Duggan, Eva McGiff, Laura Kerr and Nell Hartney with Cox Meabh Hartney also won, as did Lucy Killackey and Nell Hartney in the J18 Double-Sculls.

NEXTUP: Attention now switches back to the NRC in Cork for the Championships on July 10th-12th. In the meantime, congratulations to those selected to represent Ireland in upcoming international events, including SMRC Juniors Ruairi Browne, Sam Bolger and Sarah Murphy who have been selected for the Homes Internationals in Scotland next month, and UCD's



Happy out: Junior members of St Michael's Rowing Club that took part in the recent regatta in Castleconnell