

Hession Hits PB in 100m

Contributed by Michael Tobin
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Fresh from his exploits at the European Championships in Sweden, Athenry AC's Paul Hession demonstrated that he is in top form when recording a superb PB of 10.42 in the 100m at an international meeting in Switzerland recently.

Hession's time is just 0.07s outside the Irish outdoor record of 10.35s set by Paul Brizzel in 2000 and again in 2003 and equalled by Gary Ryan in 2004 (http://www.athleticsireland.ie/content/?page_id=4).

More impressively, it puts Hession at number 3 on the all time Irish list for 100m, behind just Brizzel and Ryan - <http://www.athleticsireland.ie/docs/AllTime.pdf>.