

Irish Schools' Cross Country Championships 2009

Presentation Convent, Thurles & High School, Clonmel Win National Silver in Junior Girls & Boys

The Irish Schools' Cross Country Championships took place in the University of Ulster, Jordanstown, Newtownabbey, Co. Antrim on Saturday last, 7th March at 12 noon. For many of our County athletes, this annual fixture is the ultimate goal to weeks of dedicated training starting with the County finals in Thurles, then the Munster Championships in Tramore & finally the National finals on Saturday last. Competition is very high as those who qualify in these All-Ireland Cross Country Championships go on to represent Ireland in the upcoming Schools' International Cross Country which will be held in Bangor, North Wales on Saturday 28th March.

The very best of young Irish athletic talent competed on the day and our Tipperary athletes were well up there in the rankings. Congratulations and well done to all our athletes who did school, county & province proud. Stars of the day were the **Junior Girls of Presentation Convent, Thurles** and the **Junior Boys from Clonmel High School**. Both teams won National silver team medals amid very tough competition. 3 of our athletes also ran outstanding races finishing in the top 12. **Sean Tobin** of Clonmel High School kept the Tipperary colours flying high by running a brilliant race and finishing 2nd in the Junior Boys race, just 4 seconds behind the winner. **Sarah Fryday** of the Presentation Convent in Thurles also ran a great race and finished strongly in 10th place in the Junior Girls race while **Christopher O'Brien** of Thurles CBS stormed home in 11th place in the Intermediate Boys race.

In the Senior Girls competition, the Ursline Convent, Thurles finished in 4th position overall on 102 points and were also members of the Munster provincial team who won bronze. Members of the Ursline team who competed very well on the day were:-

- **Serena Moloney** 29th & 2nd scoring member of bronze Munster provincial team.
- **Ann Marie Hayes** 35th & 3rd scoring member of bronze Munster provincial team.
- **Mary Prendergast** 38th & 4th scoring member of the bronze Munster provincial team.

- **Ailbhe Carroll** 53rd & member of bronze Munster provincial team.
- **Sharon Cantwell** 59th & member of bronze Munster provincial team.
- **Jackie Hughes** 63rd & member of bronze Munster provincial team.

In the Intermediate Girls, **Emer Kennedy** of Presentation Convent, Thurles was the 1st Tipperary athlete home finishing very well in 25th position in a time of 14.07mins. Emer was also the 4th scoring athlete on the Munster Provincial team who won bronze on the day. **Cliona Doyle** of Rockwell College also ran well finishing in 34th place & was also part of the Munster provincial team who won bronze. **Elaine Fitzgibbon** of Ursline, Thurles also had a good run finishing 44th.

In the Junior Girls, **Sarah Fryday** of Presentation Convent, Thurles ran a great race and finished in 10th position (in a time of 9.03mins) leading her team home to a silver medal with 90 points. Sarah's team-mates all ran great races with **Kora Kerrane** crossing the line in 28th place, **Andrea Loughnane** in 52nd place, **Adie Bourke** in 62nd place & **Clodagh Quirke** in 80th place. Sarah was also the 3rd scoring member on the Munster Provincial team who won silver on the day.

In the Senior Boys race, Tipperary had two athletes competing. **Vincent Molumby** of Thurles CBS was the first Tipperary athlete home finishing 32nd in a time of 22.57 mins. followed closely by **Michael Yelverton** of St. Mary's Newport in 47th place in a time of 24.16 mins. Vincent was also part of the Munster provincial team who won bronze on the day.

In the Intermediate Boys race, Christopher O'Brien of Thurles CBS was our only athlete competing. Christopher ran very well to come home in 11th place in a time of 16.34 mins. and was the 4th scoring member of the Munster team who won silver in the Provincial competition.

In the Junior Boys, **Sean Tobin** of High School, Clonmel had a brilliant race finishing in 2nd position (11.16mins), just 4 seconds behind the eventual winner, Conor Turner of St. Aidan's CBS. Sean was joined by his team-mates **Michael Carey** in 35th place, **Reece Maher** in 42nd place & **James Murphy** in 45th place. All this great running was enough to secure the boys a 2nd team prize for Clonmel High School

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who finished on 124 points behind St. Michael's, Enniskillen on 103 points. Sean also won a bronze provincial medal with Munster being the first scoring member of the Munster team.

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