

County Novice title for Linda Grogan and Michael Carey

The County Cross Country season got underway last Sunday with the County Novice Cross Country Championship for both Women and Men taking place at the Turnpike in glorious sunshine. These events were hosted by Moycarkey Coolcree AC and once again they had it all well organised.

The Ladies 4k race over 2 laps saw a group of three athletes set the pace right from the start and they were Ciara Cummins (Nenagh Olympic), Lorraine Healy (Moyne AC) and the eventual winner and favourite, Linda Grogan (Dundrum AC). These three athletes were still together as they went out on the final lap. Then midway through this lap, Linda increased the pace and gradually opened a lead which she extended all the way to the line to come home a worthy and convincing winner in 15 mins 44 secs. This was a great performance by Linda who is running very well at present. Then we had Ciara Cummins coming through strongly over the final 600m to win the Silver medal in 16 mins 7 secs with Lorraine Healy winning the Bronze medal in 16 mins 20 secs. Marie O Shea (Mooreabbey Milers AC) was 4th in 16:34, Tracey Culleton (Ballynonty AC) was 5th in 17:02 and Jacqueline Hughes (Thurles Crokes) was 6th in 17:04. In the team event Lorraine led home the Moyne AC team to their first ever County Inter Club Novice Women's title under Athletics Ireland. They have been knocking on the door for the past number of years winning Silver and Bronze teams medals on a number of occasions and their mentor, John Flynn was delighted with this achievement and great to see all the training finally paying off. The winning team was Lorraine Healy, Orla Healy 7th in 17:29 and Louise Fogarty 9th in 17:47. The Silver medals were won by the Dundrum trio of Linda Grogan, Mairead Julian 11th 17:54 and Martha Quirke 12th 17:59. The Bronze medals were won by the Mooreabbey Milers team of Marie O Shea, Martina Moloney 15th in 18:30 and Aoife Courtney 17th in 18:45.

The Men's 6k, over 3 laps saw a group of four athletes set the pace and they included William Stephens (Coolquill AC), Aaron O Donnell (Carrick on Suir AC), John Treacy (Thurles Crokes AC) and the eventual winner, Michael Carey (Clonmel AC). Midway through the race Michael and John moved clear of Aaron and William and going out on the last lap they were still together with Michael dictating the pace. Then with 500m to go, Michael made his move and went clear and kept the pace going all the way to the finishing line to come home a worthy and convincing winner in 20 mins 28 secs. This was a great performance by Michael who has endured a lot of injuries in recent years and it was great to see him back running well again. John Treacy won the Silver medal in 20 mins 35 secs with William Stephens going clear in the closing stages to win the Bronze medal in 20 mins 47 secs. Aaron O Donnell was 4th in 20:58; Colm Bradshaw (Dundrum AC) was 5th in 21:03 with Kieran Lees (Mooreabbey Milers AC) 6th in 21:20. In the team event the Gold medals were won by the Dundrum team of Colm Bradshaw, Gareth McGlinchey 8th in 21:26, Pdraig Coen 10th in 21:24 and Dermot Hayes 15th in 22:09. The Silver medals were won by the Clonmel team of Michael Carey, Nigel O Flaherty 13th in 21:59, Joey Feery 18th in 22:42 and Anthony Bowen 21st in 22:57. The Thurles Crokes team of John Treacy, Liam Shanahan 14th 22:05, Declan Ryan 17th in 22:40 and Shane Dorney 25th in 23:52.

County Masters and Under 23 Cross Country Championships

These Championships takes place this Sunday, 9th October in the Thurles Crokes complex with the Ladies race over 4k going off at around 1pm followed immediately by the Men's 7K. The Thurles Crokes complex is on the Nenagh Road just above the LIT Campus. The Master races are open to registered members who are 35 years of age and over as of the 9th October. Eligibility for the under 23 is any athlete who is 20 years and under 23 years of age as of the 31st December 2016. The Masters race is for the following age categories:

Ladies over 35, over 40, over 45, over 50, over 55 and over 60 with medals awarded to the 1st 3 individual in each category as well as medals for the top 3 teams in the over 35 and in the over 45 with three athletes to count on each team.

The Men's categories are over 35, over 40, over 45, over 50, over 55, over 60, over 65 and over 70 with medals awarded to the 1st 3 individual in each category as well as medals for the 1st 3 teams over 35 (four to score) and over 50 with 3 to score.

With so many Masters now running in the County we should have some great competitions next Sunday in Thurles.