

County Athletic News – 9th October

Great competition at County Masters Cross Country

The County Masters Cross Country Championships took place last Sunday in ideal conditions at the Thurles Crokes grounds. In the Ladies race we had a great race with Phil Ryan (Ballynonty A C) winning the race and crowned Women's over 40 Champion. Then we had Mary Louise Ryan (Mooreabbey Milers AC) winning the over 35 Gold medal when finishing 2nd and just ahead of her club mate Maire O Shea who won the over 40 Silver medal. Dymphna Ryan (Dundrum AC) ran well to win the over 35 Silver medal when 4th overall while Martina Ryan (Thurles Crokes) won the women's over 45 title when 5th overall. Teresa O Connor (Dundrum AC) made her debut in these Championships a successful one when winning the over 40 Bronze medal when 6th overall. Sharon Kiely (Moyne AC) ran well to win the over 35 Bronze medal when 9th overall when finishing just ahead of her club mate Brigid Gleeson who won the over 45 Silver medal with Catherine Dunne (Moyne AC) winning the Bronze medal. Kathryn Hogan (Mooreabbey Milers) ran very well when winning the women's over 50 Gold medal with Eileen Carey (Thurles Crokes) winning the Silver medal and Nuala Dorney (Thurles Crokes) winning the Bronze medal. Eileen Hynes (Clonmel AC) won the women's over 55 Gold medal while Hilary Collins (Coolquill AC) won the over 65 Gold medal and got a rousing cheer at the finish. In the team event the Dundrum trio of Dymphna Ryan, Teresa O Connor and Mairead Julian who was 7th were crowned Women's over 35 Club Champions with the Mooreabbey Milers A C trio of Mary Louise Ryan, Marie O Shea and Mary Pyke winning the Silver team medals and the Moyne AC trio of Sharon Kiely, Edel Leahy who was 12th and Ber Spillane who was 16th winning the Inter Club Bronze medals. The Thurles Crokes trio of Martina Ryan, Eileen Carey and Nuala Dorney captured the women's over 45 Gold medals while the Coolquill AC team of Jean Cooke who was 21st, Hilary Collins and Alma Cooke who was 23rd won the Silver team medals.

The Men's race once again attracted a great entry and here Stuart Moloney (Mooreabbey Milers AC) retained his title when winning the race and the over 35 Gold medal. Then we had John Fitzgibbon (Thurles Crokes AC) also running very well when winning the over 35 Silver medal when 2nd overall while Kieran Lees (Mooreabbey Milers) won the over 35 Bronze medal when 3rd overall. John Russell (Coolquill AC) ran very well when finishing 4th overall to win the over 40 title when Nigel O Flaherty (Clonmel AC) winning the Silver medal and Pakie Ryan (Ballynonty AC) winning the Bronze medal. Dermot Hayes (Dundrum AC) won the over 45 Gold medal with Damien Holian (Mooreabbey Milers AC) winning the Silver and Niall O Ceallaigh (Clonmel AC) the Bronze medal. Tom Blackburn (Mooreabbey Milers AC) won the over 50 Gold medal with Ciaran Fahey (Clonmel AC) winning the Silver and Willie O Donoghue (Mooreabbey Milers AC) the Bronze medal. Tommy Moloney (Thurles Crokes) won the over 55 Gold medal with P J Holmes (Dundrum AC) winning the Silver medal. Coolquill AC made a clean sweep of the over 60 awards with the Alexander Brothers winning the over 60 Gold and Silver with Matt capturing the Gold and Jack the Silver medal and Leslie Smyth winning the Bronze medal. Myles McHugh (Clonmel AC) received a rousing cheer as he crossed the finishing line to win the over 70 title. In the over 35 team event, the Dundrum AC quartet of Gareth McGlinchey, Paudie Coen, Dermot Hayes and Michael Ryan combined very well to win the Gold medals, a feat also achieved by their women's over 35 team. The Silver medals were won by the Mooreabbey Milers AC team of Stuart Moloney, Kieran Lees, Damien Holian and Kevin Lenihan. The Thurles Crokes foursome of John Fitzgibbon, Liam Shanahan, Declan Ryan and Tommy Moloney won the Bronze medals. In the over 50 team event the Clonmel AC trio of Ciaran Fahey, John Laste and Myles McHugh won the Gold medals with the Coolquill AC trio of Matt Alexander, Jack Alexander and Leslie Smyth won the Silver medal. Dundrum A C won both the Women's and Men's over 35 Inter Club Cross Country title in the same season title for the first time ever.

County Intermediate title down for decision

Moyglass is the venue next Sunday for the County Intermediate Cross Country Championships.

Eligibility for these Championships is as follows: Athletes must be 20 years of age and over by the 31st December 2016. Also any previous winner of these titles can compete again after missing 5 County Intermediate Championships from the time the athlete last became ineligible for the grade, so in this case all pre 2011 winners are eligible to compete however all County Senior Cross Country Champions are ineligible to compete at Intermediate Cross Country level. We treat Cross Country and Road as two separate competitions.

In the women's 5K event we can expect another great race. Here athletes that will have a say in the title includes the County Novice Champion Linda Grogan (Dundrum AC) along Mary Louise Ryan and Maire O Shea both from Mooreabbey Milers AC and Lorraine Healy (Moyne AC). In the team event Moyne AC will be going all out to win their first Intermediate Women's Club title and the way in which they won their first County Novice Inter Club title a few weeks they will take all the beating as they can also call upon Orla Healy, Louise and Susan Fogarty. Dundrum who won the Novice Silver team medals will be hoping to go one better as they can also call upon Teresa O Connor, Mairead Julian and Martha Quirke. Mooreabbey Milers will also be strong contenders as they can also call upon Martina Moloney, Aoife Courtney and Kathryn Hogan. Other clubs that could have a say if they can get their athletes out to compete includes Clonmel and Thurles Crokes.

In the Men's 8k race athletes to watch out for includes John Treacy (Thurles Crokes), Tom Blackburn (Mooreabbey Milers), William Stephens (Coolquill AC), Colm Bradshaw (Dundrum AC) and Paddy Cummins (Moycarkey Coolcree AC). The team event will be very close between Dundrum the defending Champions, Mooreabbey Milers and Thurles Crokes as only four points separated these three teams in last year's event. Other Clubs that could figure in the team event includes Coolquill and Clonmel.