

MOYNE AC (17/04/13)

County Novice "B" Road Championships: The Club staged the County Novice "B" Road Championships on Sunday last and despite the windy conditions two great races took place with the club succeeding in placing teams in both the ladies and mens event for the first time in quite a number of years.

15 competitors took to the start line of the Ladies 3k event with seven representing the club. It was Frances Long and Bridget Gleeson who led the way in the early stages along with athletes from both Fethard and Clonmel. These four were still together at half way and facing into the wind on the way back it meant an even tougher race home but fair play to both Frances and Bridget they stuck to their opponents. With less than 1k left Bridget pushed for home with Frances taking the initiative from the other two athletes to move into second. Both athletes fought hard and with less than 300mts to go Frances drew level and both athletes pushed for home. It was the stronger finishing speed of Bridget over the final metres that allowed her to take the title just one second ahead of Frances. Bridget was timed at 12.48 with Frances finishing in 12.49. While the two ladies were battling it out at the head of the field our other athletes were putting in some great running back in the field. Rosie Cleere, Breda McNamara and Catherine Dunne were all pushing the pace with Aisling Maher and Liz Power equally as strong. It was Breda who finished the stronger to record a time of 14.15 to finish 7th and with a combined score of 10 points the Club captured the Inter Club title. Catherine had a tremendous second half of the race to finish 10th overall in 14.41 with Rosie coming through for 11th in 14.58. Aisling was just in behind in 12th in 15.04 while Liz finished 14th in 15.25. Catherine, Rosie and Aisling combined to win the bronze Inter Club medals. Well done to all our ladies for the effort put in and for such an outstanding display. Gold and Silver individual and Gold and Bronze medals is certainly something to savour for these ladies. Their commitment to training over the past couple of months has been exemplary and Sunday was their just reward. Our congratulations also to John Flynn for his commitment to the ladies and no doubt this success wouldn't have been as sweet but for his involvement.

Following on from the success of the ladies a certain amount of pressure was on our men to produce something special on home ground and against all the odds that something special happened. Approx 30 athletes took part with 8 members of the club in action over 6k. A leading group of approx 10 athletes headed through the village and in this group was Damien McDonnell. He was being followed by Jody Sweeney and Richard Daly while Paddy Doyle, Patrick Bowe, JJ Fitzgerald, Thomas Moore and Ray Power all were in the main body of the field. Whilst the lead was being dictated by the strong clubs of Dundrum, Coolquill and Clonmel our men were quietly moving through the field. Jody was our first athlete home in an excellent 11th place in a time of 22.43. A superb sprint finish from Richard saw him finish in 14th in 22.56 just a second ahead of Damien 15th in 22.57. With a combined score of 40 points it put the club within striking distance of a medal. A few anxious minutes passed before the results were finalised and indeed this trio won the bronze medals. Such was the closeness of the competition that Clonmel in fourth were just a mere one point behind. While the above three deserve all the attention it was still all to play for the rest of the club members. Paddy Doyle ran on strongly to finish 20th in 24.02 with Patrick Bowe 23rd in 24.30 and JJ Fitzgerald 24th in 25.17 and this trio combined to finish 6th in the team competition. Thomas Moore finished in 25th in 25.29 with Ray Power 26th in 26.01. Being such a small club it was great to get amongst the medals - well done and congratulations to all our men for their achievement. Over the last couple of years they lads have stuck with it whether it is cross country or road without success but their perseverance has paid off - the medals on Sunday are something to savour.

Our thanks to all who helped out in any way with the running of the championships on Sunday. Events do not just happen – a lot of hard work goes in to make it a success and your contribution is acknowledged by the club.

Burma Challenge 10years old: As the Burma Challenge walk, jog or run enters its 10th year, we look back to when we started in 2004, did we ever expect that it would become such a parish social event, encouraging lots of people to become and remain so active, enjoying and looking forward to each Wednesday night for the month of May, an event where people enjoy the social interaction, challenging themselves and the chat and cup of tea after each evening.

In 2004 we had 32 competitors, our original idea was to encourage people who did a gym programme for the winter to continue being active outdoors and how it has grown, with 65 taking part in 2012.

Some of our participants in the first year were Eileen Ryan, Billy Treacy, Mary Esmonde, Geraldine O'Brien, Paddy Doyle, Eibhlis Purcell, Aine Maher, Sheila Ryan, Lisa Quinlan and many of these took part for several years, 2 people participated 7 times, 5 people 8 times and Eileen Ryan & Billy Treacy have taken part in all 9, over the past 9 years 450+ people have taken part in the Burma Challenge. Recorded Personal Best times will be posted on www.moyneathleticclub.com.

The rules are very simple: on the 1st night (April 24th) everybody starts off together after which teams will be selected. On the second night (May 1st) everyone is handicapped and we will also see the start of the Family Challenge which is made up of husband/wife, father/daughter, and mother/son. On the 3rd evening (May 8th) it's the round that turns the leader board on its head, but is always enjoyed by participants and spectators alike – it's the cycle challenge, so get your bicycles ready. The 4th

evening (May 15th) is the relay challenge; this is where each team member walks/jogs a 1km each. The final evening (May 22nd) is back to where you started when all participants will start together.

The Family Challenge was introduced in 2005, the Hayes Family from Ballyduff won in 2005/2006/2007, The Bookles Patrick & Ann (nee Purcell) won 2008, Ray & Liz Power are going for 5 in row this year and will anyone dare take them on? In 2006 we introduced the cycle challenge what a hit that proved to be with bikes from 70 years old - modern one taking part, not to mention the competition.

For the Burma Challenge's 10th Birthday we are adding in a new element it's a team relay. For anyone involved in athletics the relay is the most exciting event at the end of an athletics meet. As with previous years teams will have been decided on the first nights times, these teams will consist of 5 members, each member of the team will have to walk/jog/run 1k, with their combined times add to their team total. During the past ten years the Burma Challenge has raised funds for number of different charities in 2005 - Operation Smile, 2006 - Scoil Cormack, 2007- Mid West Spina Bifida, 2008- Defibrillator, 2009 – Fr. John Ryan, 2010 – Floor in the Indoor Training Facility.

Being the Burma Challenge's 10th Birthday we would love to see as many old friends and new friends join us to make this the best Burma Challenge in its ten year history. So invite your family and friends for the 5 Wednesday nights starting on 24th April through to the final night on the 22nd May. Over the five nights you will enjoy the chat and banter, meeting old and new friends, post-race refreshments and also exercising while having fun. As part of the birthday celebration and as token of thanks we are going draw a voucher for Sunday lunch for two on each Wednesday night.

Mini Marathon: Our 4th Annual Mini Marathon will take place on Monday, June 3rd and 3pm from Moyne Sportsfield, this event is open to both male and female participants. More details of event to follow shortly.

Club Jerseys: The Club ordered new jerseys and these are now available to buy. Juvenile €20 /Senior €25. In the interest of Health & Safety and Child Protection it is hoped that athletes will purchase their own jersey. Available at training on Tuesday and Friday night - contact Eibhlis Purcell.

Club Hoodies: A new order for club hoodies is being put together. Juvenile and Senior sizes available. Juvenile €20/Senior €25. Orders with money will be taken on Tuesday and Friday night next – contact Eibhlis Purcell.

Fixtures: Sunday 28th April – Munster Juvenile Combined Events Championships, Cork. Saturday 11th & Sunday 12th May – County U/13 to Junior T&F Championships, Templemore. Sunday 26th May – County Tipperary U/9 to U/12 T&F Championships, Templemore.

Schools Fixture: Wednesday 24th April – Tipperary Secondary Schools T&F Championships, Templemore.

Road Fixtures: Sunday 19th May – County Senior Women's 5k and Men's 10k Road Championships @ 12 noon, Fethard.

Fit 4 Life: Our Fit 4 Life sessions continue each Monday & Wednesday night at 7.30p.m. If you are interested in taking part in the Burma Challenge or our 10K these are ideal sessions for you. One of the main obstacles to taking on any exercise regime is confidence but it does not matter what level you are at, the club will cater for you and loves to see people enjoying the tremendous benefit of walking, jogging or running. Just come along on either night and we will get you started.

Coaching Workshops: Sunday 28th April – Shot & Javelin Workshop for coaches and athletes aged 12+ from 10.30am to 1.30pm, Templemore. Tuesday 7th May – Long Jump & Triple Jump Workshop for coaches & athletes aged 12+ from 7pm to 9pm, Templemore. Tuesday 14th May – High Jump Workshop for coaches & athletes 12+ from 7pm to 9pm, Clonmel. Saturday 18th May – Discus & Hammer Workshop for coaches & athletes aged 14+ from 10.30am to 1.30pm, Templemore.