

MOYNE AC (6/3/13)

County Intermediate Road Championships: The club was well represented in the County Intermediate Ladies & Mens Road Championships in Two-Mile-Borris on Sunday last with 9 ladies and 7 men facing the start line. It's great to see our seniors in action and hopefully they will continue to impress over the rest of the season.

The Ladies race was run over 4k and once again our ladies made the podium following some great running. Edel Leahy led them home in an excellent fourth place posting a time of 16.12. Our next finisher was Bridget Gleeson in eighth in 17.23 with France Long making into the top ten finishing 10th in 17.43. This trio combined to win the bronze team medals behind Clonmel and Thurles Crokes. Our next finisher home was Lisa Quinlan who finished 13th in 18.25 with Breda McNamara 17th in 19.03 while Aisling Maher finished 19th in 19.21. This trio finished 5th in the team event. Liz Power, Catherine Dunne and Pamela Kelly completed our third team who finished 7th with Liz in 20th in 19.47, Catherine 21st in 19.51 and Pamela 25th in 22.19. Well done to all the ladies concerned.

The Mens race was over 8k and again our men didn't disappoint. Leading them home in 30th was Jody Sweeney in a time of 31.08 with Damien McDonnell in 32nd in 31.42 and Patrick Bowe 41st in 33.16. Paddy Doyle finished 44th in 33.49 with Thomas Moore 48th in 34.25 and Ray Power 53rd in 36.04. The men finished 6th in the team event. Again well done to all concerned.

Munster Juvenile Relays & Combined Events Championships: will take place in Nenagh Indoor Stadium on Saturday March 9th and the following athletes have been entered; Niamh Ryan, Sean Burke and Emma Doyle. Best of luck.

County U9 – U12 Indoor Championships: Nenagh Indoor Stadium is the venue on Sunday next March 10th for this event commencing at 11:30. We would appreciate if all athletes could be at the venue no later than 11am to have sufficient time to collect your number and jersey. The following athletes have been entered; David Doyle, Diarmuid Campion, Daniel Moore, Jake Bowe, Aaron McLaughlin, Conor Gleeson, Tara Gleeson, Anna Daly, Louise Hickey, Helen Cleere, Ryan Egan, Philip Hayes, Rachel Cleary, Aoife Dwyer, Emma Leahy, Conor Flynn, Emma Gleeson, Cathy Hogan, Aisling Hickey, Charlie Tobin, Ciaran Lloyd, Dylan McLaughlin, Robert Gleeson, Ellen Moore, Rachel Butler, Aisling Dwyer, Emma Kelly and Cormac Burke. Best of luck to you all.

Sprint Workshop: On Wednesday night last a very successful sprint workshop for athletes and coaches from Tipperary and Munster took place at Moyne Indoor Training arena. Coaching and great advice was given by Shane McCormack on sprint drills for speed and acceleration and core exercises with the help of top athlete David Hynes, who is currently the fastest man in Ireland over 60m & 100m, doing the demonstrations and also giving good advice. See photo.

Meet & Train: Meet and train sessions for our Fit 4 Life Group continues every Monday and Wednesday at 7.30pm. All are welcome.

Fixtures: Saturday March 9th – Munster Juvenile Relays & Combined Events Championships, Nenagh. Sunday March 10th – Co Tipperary U9 – U12 Indoor Championships, Nenagh. Saturday & Sunday March 23rd & 24th – National Juvenile Indoor U/12 to U/19 Championships, Athlone.

Traffic Plan: Following a meeting of parents on Friday 22nd last, there will be a new traffic plan in place for drop off and collection at the club to be implemented from Tuesday 26th onwards on a trial basis. The car park is only to be used by people who are staying on for training. The main gate will be closed and cars should enter and exit by the gate on the Moyneard/Thurles side of the field. Those who are dropping off and collecting children are asked to pull up beside the road and escort their children in and out. All parents and children especially are asked to wear high visibility vests coming to training. There will be volunteer marshals at the club each night to assist with traffic movement. We ask that all parents cooperate with this new plan. Feedback will be appreciated.