

# MOYNE AC

**National Juvenile Uneven Age Cross Country:** Adamstown, Co Wexford was the venue on Sunday last for the Uneven National Cross Country Championships where we had 6 athletes competing. With good underfoot and dry weather conditions all our athletes competed very well on the day amidst very stiff competition. The day commenced with the girls U11 1500m where Rachel Butler once again proved she can compete with the best in Ireland when she finished 7<sup>th</sup> overall claiming her second National Individual medal this season. Rachel made her presence felt from the start and covered the 1500m distance in great style leading the race at times, she remained with the leading group right throughout finishing a fantastic 7<sup>th</sup> and also winning herself a Gold Munster Provincial team medal by finishing 3<sup>rd</sup> on the Munster Team – well done Rachel on a fantastic Cross Country Season. We had 4 athletes representing Tipperary in the Girls U13 2500m which was a great achievement for the Club, first home was Erica Carroll followed by Roisin Daly, Niamh Ryan and Orlaith Maher, these girls all put in fantastic performances but their finishing places are not available at time of going to press and will be published later. Orla Healy was our final competitor of the day when she took to the line representing Tipperary in the Girls U17 4000m – Orla had a superb race but again her finishing position is not available at this time. We congratulate all 6 athletes on reaching the National Finals and competing so admirably on the day – well done to you all and to all our athletes who performed superbly throughout the Cross Country Season.

**Juvenile Training:** Training will finish for the Christmas break this Tuesday December 11<sup>th</sup> for all athletes with the exception of those who will be competing at the U13 – Junior Indoor T & F County Championships in January or the AAI Development Cross Country Championships in February. All other athletes can take a well deserved break until January as the younger athletes will not be competing again until mid March. We take this opportunity to thank you all for your dedication and hard work over the past months and wish you all a very Happy Christmas and New Year.

**Christmas Morning Mile:** Our annual Christmas Morning Mile will take place as usual on Christmas morning commencing at 11am, we encourage all our athletes and their parents to take part in this lovely event which has been a tradition in our Club for a number of years now and always attracts a large crowd. It's a great way to start the day and get ready for the festive feast!! All proceeds will be donated to local charities which include the Thurles Branch of St Vincent de Paul, local branch of the Jack & Jill Foundation and Moyne Templetuohy Ladybirds & Brownies – your support would be much appreciated.

**Christmas Party:** The Club Christmas Party will be held on Friday January 4<sup>th</sup> at 7.30pm in the Indoor Complex. All team medals from County, Munster & National Championships will be presented on the night as well as individual Munster & National Medals. The awards for "Athlete of the Year" and "Most Improved Athlete of the Year" will also be presented. We hope to see all our athletes and parents on the night. Donations of non-cream varieties of confectionary/biscuits would be appreciated.

**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 Jan 12<sup>th</sup> – Co Tipperary U13 – Junior Indoor Championships – Nenagh. Sunday Jan 13<sup>th</sup> – Munster Juvenile Relays – Limerick Racecourse. Sunday February 3<sup>rd</sup> – AAI Juvenile Development Cross Country Championships – Gransha Park, Derry. Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> February – Munster U9 – U13 Indoor Championships – Nenagh. Sat 23<sup>rd</sup> & Sun 24<sup>th</sup> February – U14 – Junior Munster Indoor Championships – Nenagh. Sunday March 10<sup>th</sup> – Co Tipperary U9 – U12 Indoor Championships.