

## MOYNE AC (20/2/13)

**County Tipperary Novice Road Championships:** The County Novice Road Championships took place on Sunday last in Clonmel with the club featuring teams in the ladies and mens competitions. Indeed such was the commitment of our athletes that four ladies teams and two mens teams were possible on the day and without doubt this was the most representation the club has had at any senior competition since the formation of the AAI. Success breaths success and following on from the influx of juvenile athletes in the past year this seems to have rubbed off on our seniors and hopefully Sunday was the start of something big in the club. Our thanks to all the athletes who competed and to John Flynn and Damien McDonnell for their encouragement, persuasive powers and commitment to the athletes.

The ladies race was run over 3k and of the 33 athletes competing, the club had 13. This was a very competitive event and leading the Moyne charge home was Edel Leahy who finished 6<sup>th</sup> overall in 12.26. Bridget Gleeson followed on from her fine run in the relays last weekend by finishing 8<sup>th</sup> in a time of 13.03 with Frances Long completing this team finishing 12<sup>th</sup> in 13.25. These three ladies finished an excellent 3<sup>rd</sup> club in the team competition and such was the closeness of the event that they tied with Clonmel for 2<sup>nd</sup> but by virtue of the third scorer from Clonmel finishing 10<sup>th</sup> to Frances in 12<sup>th</sup> they were deemed the winners of the silver medals. Sarah Healy finished just behind Frances in 13<sup>th</sup> in 13.32 followed by Aisling Maher in 19<sup>th</sup> in 14.05 with Breda McNamara getting the better of Rosie Cleere for 21<sup>st</sup> in 14.20 with Rosie 22<sup>nd</sup> in 14.26. Liz Power was next to finish in 24<sup>th</sup> in 15.02 with Catherine Dunne hot on her heels in 25<sup>th</sup> in a time of 15.05. Sharon Kiely finished 29<sup>th</sup> in 16.44 closely followed by Olivia Quinlan 30<sup>th</sup> in 16.48, Eileen Ryan 31<sup>st</sup> in 16.53 and Evelyn Cornally 32<sup>nd</sup> in 17.02. In all a total of 10 teams took part with our second team finishing 6<sup>th</sup>, our third team 8<sup>th</sup> and our fourth team 10<sup>th</sup>. Very well done to all involved.

The mens race over 6k had 73 competitors with 9 members of the club in action. Jody Sweeney led them home in 27<sup>th</sup> in a time of 22.34. He was followed home by Richard Daly in 35<sup>th</sup> in 23.36 with Damien McDonnell just yards behind in 36<sup>th</sup> with a time of 23.39. Thomas Moore in 54<sup>th</sup> in 25.21 was followed home by Paddy Doyle in 56<sup>th</sup> in 26.03. JJ Fitzgerald finished 59<sup>th</sup> in 26.29 while Patrick Bowe, in his first competitive event, finished 60<sup>th</sup> in 26.35 just yards ahead of Ray Power in 61<sup>st</sup> in 26.37 while Seamus Concagh again in his first competitive event finished 67<sup>th</sup> in 28.31. As with the ladies event the team competition was very competitive but our two club teams did excellently to finish 9<sup>th</sup> and 14<sup>th</sup> overall. Again well done to all involved.

The next event for all of the above athletes is the County Intermediate Road Championships to be held on Sunday 3<sup>rd</sup> March in Two-Mile-Borris. The distances will be slightly longer with the ladies over 4k and the mens over 8k.

**Munster U/14 to U/19 Indoor Championships:** These championships will take place on Saturday and Sunday next in Nenagh on February 23<sup>rd</sup> & 24<sup>th</sup>. The following athletes have been entered for the event: Roisin Daly, Emma Doyle, Eoin Troy, Eamon Troy, Aidan Ryan and Orla Healy – best of luck to all.

**National Juvenile Inter-County Cross Country Relays:** We wish Jack Hickey the very best of luck when he competes as a member of the Tipperary Relay Team on Sunday February 24<sup>th</sup> in Tullamore, Co. Offaly.

**Workshops:** A Sprints workshop for coaches and athletes aged 12+ will take place on Wednesday February 27<sup>th</sup> at Moyne Indoor Training arena from 7-9pm. All those interested in taking part should arrive for registration at 6.45pm – entry fee is €5 per person.

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

**Fixtures:** Sat 23<sup>rd</sup> & Sun 24<sup>th</sup> February – U14 to U19 – Junior Munster Indoor Championships – Nenagh. Sun February 24<sup>th</sup> - National Juvenile Inter-County Cross Country Relays – Co. Offaly. Sun March 3<sup>rd</sup> - County Intermediate Road Championships – Two-Mile-Borris. Sunday March 10<sup>th</sup> – Co Tipperary U9 – U12 Indoor Championships, Nenagh.