

## MOYNE AC

**National Cross Country Finals:** Tattersalls, Rathoath, Co Meath was the venue on Sunday last for the AAI Cross Country National Championships where we had 2 athletes competing; both girls were members of the Munster Team in the U12 2000m. Rachel Butler put in an astonishing and brilliant performance to claim 4<sup>th</sup> place overall and lead the Munster Team to Silver Medals, it must be noted that Rachel was running out of her age and also has the U11 National Finals to look forward to in two weeks time. This was a performance of sheer class and I'm quite sure that this will be the first of many National Individual medals for Rachel – well done on a fantastic performance. Niamh Ryan also put in a strong performance finishing 33<sup>rd</sup> after a determined run over this very heavy and wet course – well done to both Rachel & Niamh on making the Finals and representing their Club, County and Province in style.

**Munster Juvenile “B” Cross Country Championships:** These Championships will take place on Sunday next in Newmarket on Fergus, Co Clare commencing at 12noon. The following athletes have been entered for the event – Lucy & Emily Kavanagh, Emma Kelly, Aisling Dwyer, Ciaran Lloyd, Charlie Tobin, Orlaith Maher, Nathan Bowe, Patrick Bowe, Brian Maher, Lorcan Troy, Emma Doyle, Katie Tobin, Emily Walsh, Harry Hogan, Aidan Ryan, Eoin Troy, Eamonn Troy, Mairead Blake & Cora Doyle. All participating athletes should be at the venue by 11am – best of luck to all.

**Club Meeting:** A meeting for all officers and committee members will take place on this Wednesday, November 28<sup>th</sup> at 8.30pm – we would ask everyone to make a big effort to attend.

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

**Fixtures:** Sunday December 2<sup>nd</sup> – Munster Juvenile “B” & Master Cross Country – Co Clare. Sunday Dec 9<sup>th</sup> – Woodies DIY AAI Novice & Juvenile Uneven Age Cross Country – Adamstown, Co Wexford. Saturday Jan 12<sup>th</sup> – Co Tipperary U13 – Junior Indoor Championships – Nenagh. Sunday Jan 13<sup>th</sup> – Munster Juvenile Relays – Limerick Racecourse. Saturday Jan 19<sup>th</sup> – Co Tipperary U9 – U12 Indoor Championships – Nenagh.