

MOYNE AC

Cross Country Challenge: The Annual Cross Country Challenge between Moycarkey Coolcree AC, Moyne AC and new comers Rosegreen took place on Tuesday evening last in Middlepiece. The wet and cold conditions did not in any way put off the young athletes with a fine attendance from all Clubs involved. With a turnout of 41 athletes from our Club and all of them putting in great performances Moyne AC retained the title by a comfortable margin and so captain for the event Niamh Ryan accepted the Tom Hayes Memorial Shield on behalf of the Club. We would like to express our sincere thanks to Moycarkey Coolcree AC for the organisation of the event and also to Rosegreen for their participation. A big thank you also to the hard working ladies who provided a beautiful array of most welcome refreshments in the hall after the event. Well done to all our athletes – each and every one of you played your part in retaining the title – those who took part on the evening were: David Doyle, Eaton Walsh, Danny Moore, Aaron McLoughlin, Aaron Moore, Aaron McNamara, Blake Power, Philip Hayes, Conor Flynn, James McDonnell, Ciaran Lloyd, Jack Hickey, Dylan McLoughlin, Sean Burke, Nathan Bowe, Bill Hogan, Conor Ryan, Michael O’ Connell, Mark Ryan, Harry Hogan, Helen Cleere, Tara Gleeson, Anna Daly, Louise Hickey, Emma Kelly, Ava Ryan, Bronagh McGonigle, Aisling Hickey, Cathy Hogan, Michaela Ely, Rachel Cleary, Emma Gleeson, Ellen McGonigle, Lorna Hayes, Niamh Ryan, Emma Kelly, Grace Moore, Laura Daly, Emma Doyle, Sarah Jane McCormack & Roisin Daly.

County Tipperary Cross Country: The County Tipperary Juvenile Even Age & Novice Cross Country Championships takes place on Sunday next October 7th in Powerstown Racecourse, Clonmel commencing at 12noon. All participating athletes should be at the venue no later than 11.15am for warm up etc. Best of luck to you all.

Tipperary Primary Schools Cross Country Championships: This event takes place at the Thurles Crokes Complex on this Wednesday October 3rd – first race at 11am. Best of luck to all our members who are taking part.

Tipperary Mini Marathon: Well done to all our Ladies who took part in the Tipperary Mini Marathon at Thurles on Sunday last – details of times will be published next week.

Annual Registration & Membership: Registration Forms for the coming year have been issued to all athletes – could you please return the completed form together with the Registration Fee of €20 for Juveniles or €30 for adults to our Registrar Catriona Daly by Friday October 5th please. All athletes must be registered to be covered by insurance when taking part in training sessions or competitions, therefore any athlete who has not returned their forms and fee by the required date will not be allowed take part in training sessions. Anybody who has not received a form should ask Catriona or your trainer for one at the next training session.

Nutrition Talk: Moyne AC will host a talk on Nutrition presented by Andrea Cullen (Nutritional Therapist) on this Wednesday October 3rd at 7.30pm in the Club Meeting room at Moyne Sportsfield. There will be a fee of €5 per person on the night. All are welcome.

Meet & Train: Meet and train sessions for adults (male & female) continue every Monday, Wednesday and Friday at 7pm. All are welcome.

Fixtures: Wednesday Oct 3rd – Tipp Primary Schools Cross County – Thurles Crokes Complex @ 11am. Sunday Oct 7th – County Juvenile Even Age & Novice Cross Country – Powerstown Racecourse, Clonmel. Sunday Oct 21st – Munster Juvenile Even Age, U23 & Novice Cross Country – Beaufort, Co Kerry. Sunday Oct 28th – County Juvenile Uneven Age & Intermediate Cross Country – Turnpike, Two Mile Borris. Sunday November 4th – County Juvenile Relays & Master Cross Country – Thurles Crokes Complex. Sunday Nov 11th – Munster Juvenile Uneven Age & Intermediate Cross Country – Waterford. Sunday Nov 18th – County Juvenile “B” & Novice “B” Cross Country – Moyne. Sunday Nov 25th – Woodies DIY AAI Inter Counties & Juvenile Even Age Cross Country – Tattersalls, Rathoath, Co Meath. Sunday December 2nd – Munster Juvenile “B” & Master Cross Country – Co Clare. Sunday Dec 9th – Woodies DIY AAI Novice & Juvenile Uneven Age Cross Country – Adamstown, Co Wexford. Sunday Jan 13th – Munster Juvenile Relays – Limerick Racecourse. Saturday Jan 26th – Co Tipperary U9 – U12 Indoor Championships – Nenagh. Sunday Jan 27th – Co Tipperary U13 – Junior Indoor Championships – Nenagh.