

Senior PRO Report Road and Cross Country

2020 was a year with only a few opportunities for competition due to the Covid pandemic. Looking back on them now makes us realise how much our World has changed, something we took for granted like promoting County Championships as normal events are now rare events in this new World. Still our health is our wealth and that comes first, so hopefully in the not too distance future we will once again be able to hold competition under new circumstances. We showcased that willingness with the successful promotion of the County Novice and Even Age groups Cross Country Championships in Newport last October.

So, 2020 saw some Senior Competitions take place in the County. We started the year off with the successful promotion of the County 2019 Junior and Senior Cross-Country Championships in Galbally, hosted by Mooreabbey Milers. There we had Linda Grogan and Kevin Moore winning the two blue ribbon titles and also leading their Club teams to win both Club titles and bringing both the Sureprint and the Moore Cups back to the village of Dundrum for the next year, well deserved.

Then also in January all roads led to Moyne for the first event of the 2020 Road season, the County Novice road titles. Here again we had good representations from the clubs. Courtney McGuire of Clonmel won the Women's Novice title and also led her Club to retain the Cup for another twelve months. In the Men's equivalent we had Derek Walsh of Carrick on Suir winning the title and he created history as he led his Club to their first success at this level, the first of many.

Clonoulty Rossmore GAA grounds was the setting for this year's County Road Relays. Conditions were good once the rain stopped and the two races got underway. In the women's race, three Clubs were represented. Mooreabbey Milers, Moyne and Clonmel. Here the title was won by Clonmel. The men's race saw four Clubs taking part, Mooreabbey Milers, Dundrum, Moycarkey Coolcree and Clonmel. Here the Champions for 2020 were Mooreabbey Milers.

In February, the National Masters Cross Country Championships took place in Rathdrum. Here the County enjoyed great success when the over 50 team of Dermot Hayes 51st, Dundrum, Tom Blackburn Mooreabbey Milers 77th, Conor Fleming Clonmel 118th, Willie O Donoghue Mooreabbey Milers 146th, Damien Holian Mooreabbey Milers 159th and Jim Halley Dundrum 170th. This team won the National Inter County over 50 Bronze medals, brilliant performances all round. The Dundrum team of Dermot, Jim, Michael Moore and Tony Delaney were 6th in the Club competition.

Then it was back to the Road and the promotion of the Munster Road Championships just outside Dungarvan. Here County athletes achieved a great degree of successes in the various categories. In the Senior Women's category Dymphna Ryan of Dundrum ran a brilliant race when winning the Munster Senior title in very convincing fashion. This spurred on her fellow County athletes and they all responded with great performances with Angela McCann (Clonmel) 4th, Linda Grogan (Dundrum) 5th and Courtney McGuire (Clonmel) 8th and they combined to win the Inter County title very convincingly. At Senior level, the Clonmel quartet of

Angela McCann 4th, Courtney McGuire 8th, Aine Roche 16th and Suzanne Shine 22nd were crowned Munster Club Champions. The Dundrum team of Dympna Ryan, Linda Grogan, Karen Coughlan 21st and Patricia Ryan 31st won the Silver medals, great 1,2 for the County. At Novice level, Linda Grogan (Dundrum) ran a great race to win the Silver medal, the Clonmel team of Courtney, Aine Roche, Suzanne Shine and Elaine Horgan 20th won the Silver medals while the Dundrum team of Linda Grogan, Karen Coughlan, Patricia Ryan and Mary Keane 31st won the Bronze medals with the County team winning the Silver medals. At Master level we had Dympna Ryan (Dundrum) 1st over 35 with her clubmate Linda Grogan winning the silver medal. Angela McCann (Clonmel) won the over 45 title with Trisha Blackburn of Mooreabbey Milers winning the over 55 Silver medal. At Club level, Dundrum were crowned over 35 Club Champions with Clonmel winning the over 45 Silver medals. At County level the over 35 team and over 45 team won Silver medals.

The men's race saw Kevin Moore of Dundrum running a brilliant race to win the Munster Senior title impressively, a great Senior Double achievement by the two Dundrum athletes. The Senior County team of Kevin Moore, William Hughes (Thurles Crokes) 14th, Paul Minogue (Clonmel) 21st, Denis Shanahan (Thurles Crokes) 26th, Dermot Hayes (Dundrum) 35th and Colm Bradshaw (Dundrum) 39th won the bronze medals. At Novice level the county team of William Hughes (Thurles Crokes), Paul Minogue (Clonmel), Denis Shanahan (Thurles Crokes), Dermot Hayes (Dundrum), Colm Bradshaw (Dundrum), John Russell (Thurles Crokes) and Ben Coughlan (Mooreabbey Milers) were 3rd. At Master level Dermot Hayes (Dundrum) was 2nd over 50, Willie O Donoghue (Mooreabbey Milers) was 2nd 0/55, Ned O'Brien (Clonmel) was 3rd 0/65 with the evergreen Myles McHugh (Clonmel) 1st 0/75.

At Club level Mooreabbey Milers team of Tom Blackburn, Willie O Donoghue and Damien Holian were crowned Munster over 50 Club Champions with the Dundrum trio of Dermot Hayes, Michael Moore and Jim Hally winning the Silver medals. The County over 35 team of Paul Minogue, Denis Shanahan, Colm Bradshaw, John Russell, Gareth McGlinchey and Barry Hartnett won the Bronze medals. The County over 50 team of Dermot Hayes, Tom Blackburn, Willie O Donoghue and Conor Fleming won the Silver medals.

Our next outing was the County Novice Cross Country Championships promoted by Newport Athletic Club in October. Great credit must go to the Newport Club for having everything well organised for these Championships in such challenging times. We were treated to two exceptionally good competitive races. Athletes had to contend with strong winds at times accompanied with light rain while the terrain was relatively firm. Here we had Ciara O'Neill Clonmel and Eamonn Morrissey Dundrum putting on two very impressive performances on their way to being crowned County Novice Cross Country Champions, two young talented athletes. Ciara led her Club to win the Women's Inter Club title. In the Men's equivalent the Inter Club Champions for 2020 were Dundrum.

In concluding I would like to thank all my fellow officers for all their help during the year and here's hoping that we will all be able to meet and organise events in the not too distant future, keep safe.

