

County Athletic News

Angela McCann and Kevin Moore – County Senior Champions

The blue ribbon events of the County Road Championship season were decided last Sunday in Two Mile Borris where the County Ladies 5k and Men's 10K Road Championships took place. The County Board would like to thank Moycarkey Coolcree for promoting two very good events with plenty of stewards and the course well marked and to the ladies committee thanks for the Post Race refreshments.

In the ladies race which attracted a record entry of 29 athletes representing five clubs, Angela McCann, Clonmel soon went to the front shortly after the start and along with Martina O Dwyer, Carrick on Suir kept the strong pace going that soon had the two of them well clear of the chasing pack. Then over the final 800m Angela upped the pace to come home a worthy Champion in 18:22 with Martina 2 secs adrift. Dymphna Ryan, Dundrum emerged from the chasing pack to win the Bronze medal in 18:55. For the record Aine Roche Clonmel was 4th 20:02, Kate Wall, Clonmel 5th 20:12 and Catherine Rice, Clonmel 6th 20:31. In the team event the Clonmel trio of Angela, Aine and Kate were crowned County Champions while the Clonmel team of Catherine Johanna Lacy 7th 20:34 and Sandra Bowe 9th 21:01 won the Silver medals. The Dundrum team of Dymphna, Claire Devitt 8th 21:00 and Mary Keane 16th 23:10 won the Bronze medals. Moyne were 4th on 44 points with Thurles Crokes 5th on 46 points. In the B Section, the Clonmel team of Donna Nagle who was 13th 21:57, Edwina Murphy 19th 24:18 and Bernie Hopkins 20th 25:07 won the Gold medals. The Moyne team of Sharon Kiely 22nd 26:07, Rosie Cleere 23rd 26:08 and Eileen Ryan 26th 28:51 won the Silver medals. The Moyne team of Mairead O Dwyer 27th 28:56, Evelyn Cornally 28th 28:58 and Catherine Britton 29th 31:45 won the Bronze medals.

The men's race attracted a very good entry of 51 athletes. Right from the start a group of three athletes set the pace and they were the eventual Champion, Kevin Moore, Dundrum, Danny Smith, Ballynonty and Shane Mullaney Thurles Crokes with David Ryan, Clonmel in close attention. At the 3K mark the leading trio went through in 9:59 with David 6 seconds adrift. The leaders were still together at 5k in 16:57 then shortly after this the tempo was increased with Kevin and Danny moving clear of Shane. These two athletes were running shoulder to shoulder maintaining a strong pace as they turned off the main road and headed for Two Mile Borris. As they approached the fly over Kevin went for it increasing the pace very strongly and by the top of the incline had edged clear but still had a lot of work to do as Danny tried to keep in touch. As they approached the village Kevin went again and moved clear over the final 300m to win in 33 mins 54 secs, a great victory in what was a very good competitive race. Kevin was 10th in last year's race and is the current County Intermediate Road Champion, so a nice Double for Kevin this year. Danny Smith ran very well to win the Silver medal in 34:14 with Shane Mullaney, Thurles Crokes winning the Bronze medal in 34:52. For the record David Ryan, Clonmel was 4th in 35:19, 5th James Ryan Dundrum 35:58, 6th Michael Ryan Dundrum 36:14, 7th Kenny Curran Ballynonty 36:17, 8th Declan Doherty Thurles Crokes 36:35, David Kenneally Thurles Crokes 36:38, 9th and Derek Nolan Clonmel 10th 36:38. With Dundrum and Thurles Crokes having three in the top ten places all eyes was on their 4th scorer. We had to wait for Willie O Dwyer, Dundrum who was 19th in 37:17 to finish for Dundrum to win the Cup for another year on 31 points with Clonmel edging Thurles Crokes on countback to win the Silver medal, a great inter Club competition which had the top four places occupied by athletes from different Clubs. The Clonmel team that won the Silver medal were David, Derek, and Paudie O Keeffe who was 11th 36:46 and Larry Martin 18th in 37:26. The Thurles Crokes team that won the Bronze medals were Shane, Declan, Dave and Billy Phillips who was 23rd in 38:33. For the record Ballynonty were 4th on 77 points with Coolquill 5th on 81 points and Moyne 6th on 148 points. In the B Section, open to Clubs with more than one team, the Clonmel team of Brian Long 20th 38:20, Conor Fleming 22nd 38:29 and Niall O Ceallaigh 26th 38:46 won the Gold medals. The Silver medals were won by the Clonmel team of Eoin McGrath 27th 39 mins, Ciaran Fahey 29th 39:25 and Billy Prout 35th 41:02. The Bronze medals were won by the Dundrum team of Ruaidhri Devitt 30th 39:51, Michael J Ryan 32nd 40:19 and Michael Coen 36th 41:18.

County Junior and Masters Road Championships

These Championships takes place this Saturday night, 28th April at 7pm in Ballingarry. Please note the new date and new starting time. The Junior 3k Women and Men race will get proceedings

underway at 7pm followed immediately by the Master Women and Men's 6k race. Eligibility for the Junior races are that athletes must be over 16 and Under 20 on the 31st of December in the Competition Year and it is three to score on both the Ladies and Men's teams. In the Master race there will be individual competition for both Women and Men athletes over 35, 40, 45, 50, 55, 60 and 65 with medals for the 1st 3 in all categories. In the team event there will be two competitions for the women, an over 35 team competition and an over 45 team competition with three to score on each team in both competitions. In the Men's there will be an over 35 competition with four to score and an over 50 competition with three to score.

Fixtures

Ballynonty Series

The very popular Ballynonty 5 races series gets underway on may 1st at 8 pm with the Mile event. This event is very popular as it gives athletes an ideal opportunity to test themselves over this Classic distance. The rest of the series is as follows: May 8th, 8 pm – 2 miles, May 15th 8pm – 3 Miles, May 22nd 8pm – 4 Miles and a 4 by one mile relay on May 29th at 7.30pm. Enquiries to Neillie Hall at 086 8754161. The entry fee is 20 Euros for the 5 races.

Annerville 10K – Clonmel – 2 pm – Sunday 13th May – Entry fee 10 Euros, A special Designed t Shier for 1st 300 Entrants, Entries taken on the day only from 10 am onwards, so enter early and make sure you get one of these Special T Shirts. Entries will be taken at the Vocational School, the Mall, Clonmel. For further enquiries please contact Niall O Sullivan at 086 1660888.

Poulmucka Road races – Friday 25th April

Fethard Road races – Thursday 30th May at 8 pm