

County Athletic News

Great competitions in the County Junior and Master races

Coolquill Athletic Club promoted the County Junior and Master Road Championships last Saturday night in Ballingarry on what was a cold but dry night. In the Junior Ladies 3k Cliona Doyle of Clonmel defended her Junior title and completed a three in row when winning in 13:42. In the Junior Men's 3k Jack Allen of Clonmel, last year's silver medallist went one better when winning the title in 11mins followed by his club mates Evan Egan 11:05 with Sean Tobin 3rd in 11:10 and Michael Carey 4th in 11:11 with Dylan Grant Thurles Crokes 5th in 12:12. Clonmel won the team event. In the Masters 6k race we had 46 athletes competing and it was great to see seven Clubs represented. In the Ladies race Martina O Dwyer of Carrick on Suir reversed the County Senior placings with Angela McCann of Clonmel when winning in 21:33 to win the over 35 title with Angela winning the over 40 title in 21:38. Kate Wall of Clonmel was 2nd over 35 in 23:59 with Martina Ryan of Thurles Crokes winning the 0/40 silver medal in 25:25. Then we had Una Redfern of Clonmel winning the 0/45 title in 27:26 with Julia Tideswell of Clonmel 2nd in 28:12 and Anne Cronin of Carrick on Suir 3rd in 28:59. Bernie Hopkins of Clonmel won the 0/50 title in 28:52 with Hazel Galloway 2nd in 29:59. In the team event the Clonmel team of Angela, Kate and Una won the Gold medals while the Clonmel team of Julia, Bernie and Hazel won the Silver medals.

In the Men's race a group of four athletes set the pace on the outward journey and they were David Ryan Clonmel, the eventual winner, Donal Keane Dundrum, Declan Doherty Thurles Crokes and Derek Nolan Clonmel. These four athletes were still together at half way but just before the 4k mark David Ryan upped the tempo and went into the lead, a lead he held all the way to win his first County title, the over 35 in 19:49. Then we had Donal Keane moving clear over the final 800m to win the over 35 silver medal in 20:43 with Willie O Dwyer of Dundrum coming through strongly over the final 300m to win the over 40 title in 20:50. Then we had Derek Nolan of Clonmel winning the over 45 title in 20:53 while Dave Kenneally of Thurles Crokes finished strongly to win the over 40 silver in 21:06 and Paudie O Keeffe of Clonmel the over 40 Bronze in 21:08. Vasiliy Neumerzhitskiy of Clonmel won the 0/45 silver medal in 21:30 and Ciaran Fahey made it a Clonmel 1-2-3 when winning the 0/45 Bronze in 22:20. Michael Moore of Dundrum won the 0/50 title in 21:27 with Benny English of Dundrum holding off Brendan Cronin of Carrick on Suir to win the Silver by 4 secs in 21:54 with Brendan winning the Bronze. Coolquill made it a clean sweep of the over 55 category with Matt Alexander 1st in 22:31, Jack Alexander 2nd in 23:18 and Martin Ivors 3rd in 24:44. Eddie Cahalan of Coolquill won the over 60 title in 27:03 with Paddy Shelly Ballynonty 2nd in 27:37 and Joe Grinsell 3rd in 28:11. Myles McHugh of Clonmel put in a great performance when winning the over 65 title in 30 mins 28 secs.

In the over 35 team event the Clonmel team of David, Derek, Paudie and Vasiliy won the Gold medals. This was Clonmel's first time winning this title under Athletic Ireland banner, a piece of Club history. The Silver medals were won by the Thurles Crokes team of Dave, Declan, Austin Ryan who ran 21:37 and John Shaughnessy 22:13.

The Clonmel team of Nigel O Flaherty 21:41, Conor Fleming 21:45, Ciaran 22:20 and Willie O Connell 23:24 won the Bronze medals.

In the over 50 team event the Gold medals were won by the Dundrum team of Michael Moore, Benny English and P J Holmer 25:48. The Coolquill team of Matt Alexander, Jack Alexander and Martin Ivors won the Silver medals. The Clonmel team of Billy Prout 23:13, Ned O Brien 25:02 and Eddie Prendergast 25:56 won the Bronze medals.

The County Vice Chairman, Tadgh Vaughan complimented the Coolquill Club on organising two very good races and a special word of thanks to the Ladies Committee for the Post Race refreshments. He also thanked the Presentation Convent, Ballingarry for the use of their fine facilities for these Championships.

By Niall O'Sullivan