

Cunningham and Ryan Home Double In Intermediate Road

Sunday last we travelled to the border town of Galbally where the local club Moore Abbey Milers staged the County Intermediate Road Championships. On a dry but windy day for running and despite the romantic festivities of the day and night before a good turnout turned up for both races.

As is the norm the women were first off over 4k and we had 31 athletes facing the starter Patsy Dorney with a group of four all from different clubs setting the pace they been Mary Louise Ryan from Moore Abbey, Siobhan McHugh Clonmel, Eileen McCullagh Thurles Crokes and the County Novice champion Linda Grogan Dundrum. Around 1k Mary Louise upped the pace and Linda was dropped from the quartet. She continued to push the pace all the way with Siobhan on her heels coming into the village on the downhill stretch the two girls were neck and neck with Mary just edging it in a time of 15:29 with Siobhan 1 second behind in 15:30. Eileen finished 3rd in 15:38 with Linda battling on for 4th in 15:51. 5th was Phil Ryan Ballynonty in 16:05 with Yvonne O'Connor Clonmel 6th in 16:43. In the team event Clonmel with Angela Walsh 10th won the gold medals on a score of 18 points. Mooreabbey with Marie O'Shea 8th and Mairead Mulcahy 15th were 2nd on 24 points. Moyne packed well with Louise Fogarty 7th, Susan Fogarty 9th and Bridget Gleeson 11th were a good 3rd on 27 points. Dundrum were 4th on 31 points.

The men's race over 8k had a field of 39 athletes going to the start line and recent Munster Star Award winner Mike Cunningham Moore Abbey Milers was quickly to the front of proceedings with a chasing pack of John Fitzgibbon Thurles Crokes, Andrew Smyth Coolquill and the Shanahan brothers from Thurles Crokes Denis and Liam in hot pursuit. Mike pushed the pace all the way using his hill running experience to open a gap and come home for a magnificent victory in a time of 28:04. The ever consistent John took 2nd in 28:20 with Andrew overcoming niggling injuries in the past year having a great run to finish 3rd in 28:30. The Shanahan brothers battled all the way to the finish line with Denis 4th in 28:35 and Liam 5th in 28:42. Tom Blackburn from the host Club had a great run for 6th in 28:49. Thurles Crokes with John Treacy in 13th position were clear cut winners in the team section on a score of 24 points. Moore Abbey with Kieran Lees 9th and Ger Griffin 17th were a clear 2nd on 33 points. Clonmel with Mark Darmody 7th Conor Fleming 15th Kieran Fahey 20th and Neil Fox 21st took the bronze on a score of 63 points. Coolquill were 4th on 91 points and Dundrum 5th on 94 points.

County Chairman Billy Purcell thanked all who helped and especially the host Club Moore Abbey for their organisation and refreshments before presenting the medals to all the prize winners.

Next Sunday we head to what was once the only inland walled town in Ireland Fethard for the County Masters Road start time 12 noon.