

**Laos Credit Unions – JUNIOR & SENIOR Cross Country –  
Blanchfords, Ballyroan – 2<sup>nd</sup> January 2011**

**Girls U.10 – 4 x 250 Relay – 3 Teams**

1. St. Abbans (*Cara Maher, Ruby Millet, Ciara Harrington, Lucy Carbery & Sarah Graham*)
2. Emo/Rath (*Niamh Crowley, Victoria Moore, Kellie O'Brien & Rebecca Balfe*).
3. Portlaoise (*Ailbhe Quinn, Sinead Quinn, Megan Grant & Ciara Conroy*).

**Boys U.10 – 4 x 250 Relay – 2 Teams**

1. St. Michaels 'A' (*Darragh Galvin, Michael Bennett, Eoin Higgins & Sean Ml. Corcoran*).
2. St. Michaels 'B' (*Conor Noone, Iarlaith Galvin, Caoimhe Maher & Brian O'Sullivan*).

**Girls U.12 – 4 x 500 Relay – 4 Teams**

1. St. Michaels (*Naoimi Luttrell, Orla Mullally, Eva Galvin & Jessica Higgins*).
2. St. Abbans (*Maeve Maher, Jodie Rowan, Laura Graham, Niamh Moore & Nicole Kehoe/Dowing*).
3. Emo/Rath (*Katie Piggott, Aoibhe Mooney, Una Heatherington & Gillian Keenan*).

**Boys U.12 – 4 x 500 Relay – 3 Teams**

1. Emo/Rath (*Jack Owens, Donal Heatherington, Liam Crowley & Eoin Keenan*).
2. Portlaoise (*Brian Sheehy, Cian McDonald, Conor O'Farrell & Colin McEvoy*).
3. St. Abbans (*Gerard Kelly, Tom Buggy, Conor Mulhall & Cian Kelly*).

**Girls U.14 & 16 – 4 x 500 Relay – 4 Teams**

1. Portlaoise 'A' (*Anna Healy, Louise Stack, Roisin Dunne & Niamh Quinn*).
2. St. Abbans 'A' (*Siobhan Nash, Molly Carbery, Hannah Carbery & Kelsey Warburton*).
3. Portlaoise 'B' (*Rosie Stack, Clare Stack, Niamh Conroy & Aine McDonald*).

**Boys U.14 & 16 – 4 x 500 Relay – 2 Teams**

1. St. Abbans 'A' (*James Delaney, Oliver Burke, Aaron Murphy & Luke Attride*).
2. St. Abbans 'B' (*Michael Nash, Fionn Maher, Eoghan Buggy & James Moore*).

**Junior Men – 3K – 9 Individuals & 2 Teams**

1. Colin Maher 10.54 B/F    2. Stephen Attride 11.00 S/A    3. Christopher Finn 11.24 P/L    4. David Mulhare 11.25 P/L    5. Paddy Conroy 11.36 P/L    6. Sean Culleton 11.42 P/L    7. Jamie Malone 11.48 S/A    8. Fergal Delaney 12.14 S/A    9. Christopher Buggy 12.52 S/A

**Team**

- 1<sup>st</sup> Portlaoise    3, 4, 5 & 6 =    18 Pts. (*Christopher, David, Paddy & Sean*).  
2<sup>nd</sup> St. Abbans    2, 7, 8 & 9 =    26 Pts. (*Stephen, Jamie, Fergal & Christopher*).

**Senior Women – 3K – 13 Individuals – 2 Teams**

1. Mary Mulhare 12.01 P/L    2. Sinead Maher 12.12 S/M    3. Olivia Sheerin 12.32 S/M    4. Ailish Brennan 12.43 S/A    5. Ruth Hodgins 12.49 P/L    6. Claire Phelan 13.08 S/A    7. Teresa Agar 13.34 S/A    8. Breda McDonald 13.42 P/L    9. Paula Grant 14.09 P/L    10. Sharon Grant 14.11 P/L    11. Mairead Moore 14.12 S/A    12. Kate McDonald 14.43 P/L    13. Josephine Brennan 19.20 S/A

**Team**

- 1<sup>st</sup> Portlaoise    1, 5, 8 & 9 =    23 Pts. (*Mary, Ruth, Breda & Paula*).  
2<sup>nd</sup> St. Abbans    4, 6, 7 & 11 =    28 Pts. (*Ailish, Claire, Teresa & Mairead*).

**Senior Men – 10K – 25 Individuals – 3 Teams**

1. Dan Mulhare 32.35 P/L 2. Michael Mulhare 32.52 P/L 3. Colm Burke 35.43 S/A 4. Cormac Fitzpatrick 36.04 B/F 5. Noel Marum 36.23 P/L 6. Brian Kelly 36.40 S/A 7. Aengus Burke 37.02 P/L 8. Harry Lupton 37.11 P/L 9. Martin McDonald 37.23 P/L 10. Jimmy McCormack 37.28 P/L 11. Dermot O'Neill 37.33 P/L 12. Riobard Miller 37.38 B/F 13. Conor Barry 38.10 S/A 14. John 'Bob' Quinn 38.36 S/A 15. Colin Coyne 38.42 S/A 16. James Nolan 39.14 S/A 17. Colm McEvoy 39.36 S/A 18. Mick O'Connor 39.43 S/A 19. Kevin Doyle 41.06 B/F 20. Stephen O'Toole 41.34 B/F 21. John O'Neill 42.35 P/L 22. Mark Murray 42.46 S/A 23. Shane Delaney 43.20 B/F 24. Niall Kavanagh 44.40 P/L 25. John Kirwan 46.35 P/L

**Team**

1 <sup>st</sup> Portlaoise	1, 2, 5, 7, 8 & 9	= 32 Pts. ( <i>Dan, Michael, Noel, Aengus, Harry &amp; Martin</i> ).
2 <sup>nd</sup> St. Abbans	3, 6, 13, 14, 15 & 16	= 67 Pts. ( <i>Colm, Brian, Conor, John, Colin &amp; James</i> ).
3 <sup>rd</sup> Ballyfin	4, 12, 19, 20, 23 & 26	= 104 Pts. ( <i>Cormac, Riobard, Kevin, Stephen, Shane</i> ).