

1st Nov'17

Leinster cross Country

Navan was the venue for the Leinster even ages, junior and Novice cross country championship and the club was strongly represented. In the u12 boys Jack Milton was 49th, Harry Gordon was 51st, Sean O'Sullivan was 86th, Fionn O'Sullivan was 100th and Evan English was 117th. In the boys u16 TJ Burke was our sole runner and he had a strong run to finish 23rd. In the Girls u12 Ciara Malone finished in 54th. In the u14 girls Seoighe English was 38th, Aoibhin McDonald was 79th and Hollie Brennan was 80th.

Cian Kelly went in the u18 boys and ran a great race to finish in 8th place and lead home the Laois team to 2nd place u18 county and 3rd place junior county. In the junior/u18 women's race Maebh Maher was 38th, Cara Maher was 40th and Orla Davis was 42nd. Cara and Meabh made the junior Laois county team that placed 6th. Well done to all.

Over in Texas Cormac Kelly had an excellent 7th place finish in the Southland Conference Championship in Abilene (Texas), helping Lamar University take the team title.

Training Times

Couch to 5k program will continue to run every Monday and Wednesday night 7.30pm – 8.30pm. Club training nights are Tuesday and Friday 7.30pm – 9pm all are Welcome