

23rd Oct

Day 2 a great success

The beautiful surroundings of Emo Court was in outstanding order for Day 2 of the Laois cross country championships. A fine turnout from the club saw six individuals crowned county champion and SEVEN teams winning the gold medals. Amy Brennan (after a fantastic finish that saw her come right through the field over the final 200 metres and nail the crown just on the line) U.11, Cara Maher U.13, Tom Buggy U.13, Cian Kelly U.15, Michael Nash U.17 and James Delaney U.19 were the winning individuals. Other club members to take individual medals for 2nd or 3rd placing's included:- Orla Davis, Laura Graham, Caitlin McDonald, Darragh Kealy, Jonathon Crossley, Shane Bolger, Conor Hayden, Dylan Byrne, Joseph Barry, Dermot Ayres and Declan Byrne.

In the U.9 girls our medalists included Katie Brennan 3rd, Aoibhinn McDonald 5th and Niamh Graham 8th with Audrey Byrne, Katie Baldwin and Danielle O'Driscoll supporting. In the boys U.9 it was Adam Buggy 4th, Evan English 6th and Lee Murray 12th. Seoighe English 7th, Emma Dermody and Katelyn Kelly joined Amy in the girls U.11 while in the boys 3rd team for Darragh along with Dara Kelly 5th, Sean O'Driscoll 15th and Shane Buggy 20th with Jonah and Josh Kelly supporting. The girls U.13 picked up gold with Cara and Orla leading them home along with Ruby Millet 11th, Orla Kelly 14th and Sarah Graham 16th.

It was gold for the boys U.13 also with Tom and Jonathon being joined by T.J. Burke 4th and David McDonald 8th. The girls U.15 also secured gold led by Laura with Maeve Maher 6th, Alannah O'Rourke 11th and Niamh Moore 13th scoring. Cian and Conor led the boys U.15 to victory with Oisín Ryan 6th, Adam Nicholl/Waugh 12th, Ger Kelly and Niall Egan. Alas we had just two competing in the girls U.17 with Caitlin 3rd and Liz Brophy 5th. Michael and Shane gave the boys U.17 an excellent start and were joined by Alex Crossley 4th and Luke Attride to secure the team title along with Fionn Maher, Davin Baldwin and Keelan Dermody supporting. In the boys U.19 it was 1st, 2nd, 3rd and 4th and team for James, Dylan, Joseph and Aran Murphy.

The novice ladies saw 9 wearing club colours and the top 4 securing the silver medals for the team. Led home in impressive style and in one of her first cross country runs Caitriona McDonald was a fine 4th, supported by Linda Ramsbottom 8th, Margo Dowling 11th and Mary Boylan 12th, with Ann Nicholl, Linda Faye, Sarajane Carr, Deirdre Brennan and Carmel Hughes showing good form throughout the large field.

We fielded 19 in the novice men's event and we got good value for money with some interesting battles fought out between the participating clubs and some club mates. We were always in the battle at the front with Peter Baldwin, Conor Barry, Declan Byrne and Dermot Ayres doing most of the pressing early on. Just beyond the half way point it was Ballyroan's Liam Dunne and Dermot Ayres fighting it out. On the last lap Dunne got away to secure the win with Dermot holding down 2nd. Declan looked secure in 3rd though traveling at a massive pace and closing him down rapidly was a newcomer to cross country Philip Roche. Alas for Philip the finish line came a little early and Declan

held on for the bronze. It was Conor Barry in 7th place that secured the 4th scoring spot on the winning team along with Dermot, Declan and Philip. The 'B' squad was led home by Liam Byrne 9th with Colin Coyne 17th, Peter Baldwin 18th and Bernard Graham 19th just missing out on the 3rd team place. Others to show impressively at times were Dorel Picovici, Mark Murray, Niall English, Michael Kelly, Matthew Warren, both Francis Fleming (jnr & snr), Matt Moore, Joe Harding, Eoin Barry and Dinny Whelan.

Thanks to all those who turned out and made it such a successful day for the club. Special thanks to parents and coaches on another job well done.

Colm Secures Another International

The Annual Gerry Farnan cross country in the Phoenix Park is the normal selection event for the home countries masters International event. Colm Burke was 30th overall in the event winning the O.45 section easily and securing his place on the team for the trip to Wales next month. Colm McEvoy was 83rd overall and 9th over 45 while Stephen Lawlor suffered a bit on the last lap to drop down to 33rd place at the finish.