

27th Jan'16

Going Tough in Dundalk

The GloHealth National 'B', Intermediate and master cross country championships were decided on a heavy course in Dundalk I T Our intermediate men's team were among the favourites for the club and individual titles after their fine performance in the National novice recently. From the outset everyone was working hard with some having big problems on the heavy ground. But the course is the same for everybody even if some are better suited to heavy conditions than dry fast going. Stephen Lawlor led us home in 14th place with Brian Kelly 19th, Cormac Kelly 21st and Danny Lawler 27th for 2nd team and the silver medals. This quartet were joined by James Griffin 52nd and James Nolan 64th to secure bronze for Laois in the county section.

In the masters men history was made when we fielded an O.65 team for the first time which duly claimed the gold medals. In a record field Dick Mullins was 108th and 2nd O.70, Dinny Whelan 183rd and 11th O.65, and with Paddy Harding 207th and 13th O.65 In the younger masters Liam Byrne was 188th and 46th O.40. We had three members in the 'B' championships and all came away with National medals. Caragh Maher showed she is well on the road to recovery finishing a fine 5th. Her sister Maebh had her best run to date when finishing 9th U.17 and leading Laois to silver along with Laura Graham 17th making a welcome return scoring for Laois.

Cheryl Clocks 9-47

Cheryl Nolan got her indoor season of to a fine start when finishing a fine 3rd in the Arkansas State Red Wolves invitation event in a fine time of 9-47 for the 3K over the weekend.

Saturday Check for Fit4Life

Bernard Graham and Mark Murray decided to test the water re a Saturday workout for the Fit4Life and were pleasantly surprised to see a fine turnout for the first venture for the 4K trip. It is hoped to have another in a few weeks. Keep the Mondays and Wednesdays alive and bring along your neighbour for the crack.

Combined Events

While our numbers were small our three girls U.15 gave a fine display in the National combined events in Athlone on Saturday last. Aoife Gallagher in her first effort at C.E. scored 1,467 points for 12th with her 800 time of 2-47.48 being her best event. It was a first timer also for Sarah Graham and her total was 1,772 points for 11th place with her high jump clearance of 1.38 and her 60 hurdles time of 11.51 scoring well. Ciara Harrington had some previous experience at combined events and made it tell when scoring 2,339 points for 5th place with the hurdles 10.04 seconds and the 800 in 2 -40.11 being her best events.

Record Turnout

The 8th Annual club table quiz saw a record turnout of 26 teams in Behan's last Thursday night. In what was an enjoyable evening the COALITION team of (Padraig Farrell, Billy McDonald, William Ryan and Rody Kelly) were clear winners on 94 points from the 'B' Team (Conor, Eoin, Annette and Catherine Barry) on 86 points from in 3rd place THREE + ONE (Michael Kelly, Sarah Brennan, Maureen Meaney and Nancy Kelly) on 85 points. Thanks to everyone for supporting the event, the raffle and those that sponsored spot prizes and to Marie and John Behan for the facilities. The ladies as usual for a fine spread and to T. J. Farrell for supplying the questions and to Pat Whelan and team for ensuring all went smoothly.

Record Turnout Again

A record number from the South East arrived in force on Heywood college for the South Leinster schools cross country which were being held in Heywood for the first time. The club had a large turnout with members representing their school which included the Vocational Carlow, Knockbeg, Castlecomer, Gael Chloiste Ceatarlach, Athy, Presentation and Colaiste Iosagain. The following club members qualified to go to the Leinsters to represent their school:- Rebecca Fenlon, T.J. Burke, Josh Lacey, Keelan Mulhall, Jack Lacey, Gerard Kelly, Orla Kelly, Cian Kelly, David Lawler, Aoife Gallagher, Sarah Graham, Laura Graham, Ciara Harrington, Caragh Maher, Maebh Maher, Niamh Moore, Matthew Rossiter and Caitlin McDonald. Best wishes in the Leinster's.

Leinster Indoors

For those interested in participating in the Leinster indoors on day 1 and day 2 which are being held in Athlone on the 13th and 14th February please fill in registration form in clubhouse. For those that have NOT looked after membership please do so immediately so that you can be entered. Events for those U.12 to U.19 male and female. New members welcome.