

### Double Titles for Morrison & Mulcaire

The second day of the Munster Cross Country season took place on Sunday 10<sup>th</sup> November in Castlelyons, Co. Cork with the Munster Juvenile Uneven Age Cross Country Championships. Our thanks to St. Nicholas A.C. for hosting this event which was expertly managed from start to finish.

Stand-out performances came for **Sarah Morrison** of the host Club **St. Nicholas A.C.** & **Kevin Mulcaire, Ennis Track A.C.** when they both won their races making them double Munster Champions in & out of their age groups with Sarah winning the Girls U/11 & U/12 titles & Kevin the Boys U/17 & U/18 titles.

This time around, Cork & Clare battled it out for the major individual medals with both Counties winning 5 individual titles each. For Cork there was gold for **Sarah Morrison, St. Nicholas A.C.** in the Girls U/11 & **John O'Flynn in the Boys U/11, Ursula Bluett, North Cork A.C.** & **Adam O'Reilly, Togher A.C.** in the Girls & Boys U/13 races & **Louise Shanahan, Leevale A.C.** in the Girls U/17. Clare athletes who won gold were **Ellen Carey, Kilmurray/Ibrickane A.C.** in the Girls U/9, **Aisling Kelly, St. John's A.C.** in the Girls U/15, **Kevin Mulcaire, Ennis Track A.C.** in the Boys U/17, **Laura Power, Ennis Track A.C.** in the Girls U/19 & **Karl Fitzmaurice, Bridge Milers Olympic Harriers A.C.** in the Boys U/19. The remaining 2 titles went to **Tipperary (Joe Egan, Moycarkey Coolcree A.C.)** & **Waterford (Michael Power, West Waterford A.C.)**.

In the Inter-Club competition there were Munster titles for 5 Cork Clubs as follows:-

- **West Muskerry A.C.** in Girls U/11
- **Togher A.C.** in Boys U/13
- **Leevale A.C.** in Boys U/17
- **Carrig na Bhfeart A.C.** in Girls U/19
- **Leevale A.C.** in Boys U/19

with 3 each for **Ennis Track A.C.** in the Girls U/9, Boys U/11, U/15, 2 for **West Waterford A.C.** in the Girls U/15 & U/17 & 1 title for **Nenagh Olympic A.C.** in the Boys U/9 competition & **Ferrybank A.C.** in the Girls U/13.

In the Inter-County competition, **Cork** won 8 titles in the Boys U/9, U/13, U/17 & U/19 Girls U/11, U/13, U/15, & U/19 with **Clare** winning 3 titles in the Girls U/9, Boys U/11 & U/15 & **Waterford** winning one title in the Girls U/17 competition.

Top 3 in the Girls U/9 race were **Ellen Carey, Kilmurray/Ibrickane A.C., Michelle Healy, Marian A.C. & Emer Conroy, Dooneen A.C.** with the top 3 Clubs being **Ennis Track A.C., Youghal A.C. & West Waterford**. Inter-County honours went to **Clare (1<sup>st</sup>), Cork (2<sup>nd</sup>) & Limerick (3<sup>rd</sup>)**. In the Boys U/9 race, gold went to **Joe Egan, Moycarkey Coolcree A.C.**, silver to **James O'Neill, West Muskerry A.C.** & bronze to **Cathal Barry, Riverstick/Kinsale A.C.** Top 3 team prizes went to **Nenagh Olympic A.C., Bandon A.C. & Ennis Track A.C.** with Inter-County honours to **Cork, Tipperary & Clare**.

The Girls U/11 title went to **Sarah Morrison, St. Nicholas A.C.** who also won the Munster U/12 title a few weeks back with **Meghan Carr-O Reilly, St. Catherine's A.C.** in 2<sup>nd</sup> place (to add to her bronze medal U/12) & **Mallaidh O'Neill, Skibbereen A.C.** in 3<sup>rd</sup> place. Team prizes were won by **West Muskerry A.C., Ennis Track A.C. & Bandon A.C.** with **Cork, Clare & Tipperary** winning Inter-County

medals. **John O'Flynn, North Cork A.C.** took gold in the Boys U/11 race with **Diarmuid Healy, Middleton A.C.** in 2<sup>nd</sup> place (to add to his Munster gold U/10) & **Mark Hanrahan, Ennis Track A.C.** in 3<sup>rd</sup> place. Team credits went to **Ennis Track A.C., St. Cronan's A.C. & Kilmurray/Ibrickane A.C.** with Inter-County wins for **Clare, Cork & Tipperary.**

**Ursula Bluett, North Cork A.C.** was the winner of the Girls U/13 title with **Jennifer Cotter, West Muskerry A.C.** in 2<sup>nd</sup> place & **Caoimhe Duffy Niblock, Ferrybank A.C.** in 3<sup>rd</sup> place. **Ferrybank A.C.** won gold in the team event with **West Muskerry A.C.** in 2<sup>nd</sup> place & **West Waterford A.C.** in 3<sup>rd</sup>. There were Inter-County medals for **Cork, Clare & Waterford.** In the Boys U/13 race there was gold for **Adam O'Reilly, Togher A.C.,** silver for **Finn Looney, Emerald A.C.** & bronze for **Ben Whelehan, Kilmurray/Ibrickane A.C.** (to add to his Munster U/12 gold) with team honours for **Togher A.C., West Waterford A.C. & Kilmurray Ibrickane A.C.** Inter-County medals went to **Cork, Clare & Waterford.**

In the Girls U/15 race, there was a reversal of places from the U/16 race a few weeks back with **Aisling Kelly, St. John's A.C.** taking gold & **Caoimhe Harrington, West Muskerry A.C.** winning silver & **Caoimhe Harvey, St. John's A.C.** in 3<sup>rd</sup> place (to add to her bronze U/16 medal). **West Waterford A.C., Kilmurray/Ibrickane A.C. & Bandon A.C.** were the top 3 winners in the team competition with **Cork, Clare & Waterford** all winning Inter-County medals. In the Boys U/15 race, it was gold for **Michael Power, West Waterford A.C.** (to add to his bronze U/16 medal), with silver for **Eoin Looney, Kilmurray/Ibrickane A.C.** & bronze for **Jamie Roche, Ennis Track A.C.** with team honours going to **Ennis Track A.C., Waterford A.C. & West Waterford A.C.** & Inter-County medals for **Clare, Cork & Waterford.**

**Louise Shanahan, Leevale A.C.** won gold in the Girls U/17 race (to add to her silver U/18 medal) with **Orla Quelly, Ferrybank A.C.** in 2<sup>nd</sup> place & **Aoife Hamilton, West Waterford A.C.** in 3<sup>rd</sup> place. There were team wins for **West Waterford A.C., Bandon A.C. & Togher A.C.** with Inter-County medals for **Waterford & Cork.** **Kevin Mulcaire, Ennis Track A.C.** did the double when he added the U/17 Munster title to his U/18 title won a few weeks ago with **David Fox, Leevale A.C.** in 2<sup>nd</sup> place (to add to his bronze U/18 medal) & winner of the Boys U/16 Munster title, **Fearghal Curtin, Youghal A.C.** in 3<sup>rd</sup> place. The top 3 Clubs were **Leevale A.C., Nenagh Olympic A.C. & Ennis Track A.C.** with **Cork, Waterford & Tipperary** winning Inter-County medals.

**Laura Power, Ennis Track A.C.** won the title in the Girls U/19 race with **Rachel O'Shea, West Muskerry A.C.** in 2<sup>nd</sup> place & **Laura Egan, Kilmihil A.C.** in 3<sup>rd</sup> place. **Carrig Na Bhfear A.C.** won the team title with **Cork** taking the Inter-County title. **Karl Fitzmaurice, Bridge Milers Olympic Harriers A.C.** took the Boys U/19 title with **Tom Hennessy, Nenagh Olympic A.C.** in 2<sup>nd</sup> place & **Conor O'Mahoney, Tralee Harriers A.C.** in 3<sup>rd</sup> place with team honours going to **Leevale A.C. & Carrig Na Bhfear A.C.** & the Inter-County title to **Cork.**

Full results at [www.munsterathletics.com](http://www.munsterathletics.com).