

### Munster Girls U/12 Shine at Nationals

The Woodie's DIY AAI Juvenile Even Age Cross Country Championships took place in Santry Demesne on Sunday 17<sup>th</sup> November. Munster athletes won 32 individual medals in total with top 3 finishes by the following athletes:- **Kevin Mulcaire, Ennis Track A.C.** gold in the Boys U/18 race, silver medals for **Fearghal Curtin, Youghal A.C.** in the Boys U/16, **Sarah Morrison, St. Nicholas A.C.** in the Girls U/12 & **Eoin Redmond, Riverstick/Kinsale A.C.** in the Boys U/12 & bronze medals for **Meghan Carr-O'Reilly, St. Catherine's A.C.** in the Girls U/12 & **Darragh McElhinney, Bantry A.C.** in the Boys U/14 race. Our strongest age group of the day was the Girls U/12 where 7 Munster athletes featured in the top 12 with Munster winning Inter-Regional gold, Cork & Clare winning gold & bronze in the Inter-County competition & West Waterford A.C. taking silver in the Inter-Club competition. Our Girls U/14 teams did almost as well with 6 in the top 12, Inter-Regional gold, silver & bronze Inter-County medals for Cork & Clare & silver Inter-Club medals for Bandon A.C.

In the Inter-Club competition, there were National medals for **Ennis Track A.C.** (1<sup>st</sup> Boys U/18, 2<sup>nd</sup> Boys U/14), **West Waterford A.C.** (2<sup>nd</sup> Girls U/12 & U/16), **Bandon A.C.** (2<sup>nd</sup> Girls U/14) & **Leevale A.C.** (3<sup>rd</sup> Boys U/18). In the Inter-County competition, **Cork** won 6 sets of medals (1<sup>st</sup> Girls U/12, 2<sup>nd</sup> Boys U/16, Girls U/14 & U/16, 3<sup>rd</sup> U/12 & U/18), **Clare** won 3 sets (2<sup>nd</sup> Boys U/14, 3<sup>rd</sup> Girls U/12 & U/14) & **Waterford** won bronze in the Girls U/16 competition. In the Inter-Regional competition, **Munster** won 5 gold & 2 silver (1<sup>st</sup> Boys U/14 & U/18, Girls U/12, U/14 & U/16, 2<sup>nd</sup> Boys U/12 & U/16).

**Eoin Redmond, Riverstick/Kinsale A.C.** was 2<sup>nd</sup> in the Boys U/12 race with **Ben Whelehan, Kilmurray/Ibrickane A.C.** in 4<sup>th</sup> place & **Cormac Mahony, West Waterford A.C.** in 7<sup>th</sup> place with 166 athletes in the race. With 3 runners in the top 10, Munster won silver in the Inter-Regional competition with **Cork** 3<sup>rd</sup> in the Inter-County competition.

In the Boys U/14 race, there were top 12 places for **Darragh McElhinney, Bantry A.C.** in 3<sup>th</sup> place, **Aidan McCarthy, Ennis Track A.C.** in 4<sup>th</sup> & **Donal Devane, Ennis Track A.C.** in 10<sup>th</sup> place with 158 in the race. With 3 runners in the top 12, that was enough to win Munster a gold Inter-Regional medal with **Clare** winning silver in the Inter-County competition & **Ennis Track A.C.** winning silver in the Inter-Club competition.

**Fearghal Curtin, Youghal A.C.** was 2<sup>nd</sup> in the Boys U/16 race with **Cathal McCarthy, Doheny A.C.** in 4<sup>th</sup> place & **Ruairi Casey, Togher A.C.** in 10<sup>th</sup> place out of a field of 140. Munster won silver in the Inter-Regional competition with **Cork** winning silver in the Inter-County competition.

In the Boys U/18 race, it was gold for **Kevin Mulcaire, Ennis Track A.C.** with his team-mate **Sean Collins** in 6<sup>th</sup> place & **David Fox, Leevalle A.C.** in 9<sup>th</sup> place. Munster won gold in the Inter-Regional competition with **Cork** winning bronze in the Inter-County competition. **Ennis Track A.C. & Leevalle A.C.** also won gold & bronze in the Inter-Club competition.

In the Girls U/12 race, there was silver for **Sarah Morrison, St. Nicholas A.C.**, bronze for **Meghan Carr-O'Reilly, St. Catherine's A.C.**, 4<sup>th</sup> place for **Ellen Lynch, Dooneen A.C.**, 5<sup>th</sup> & 6<sup>th</sup> place for **West Waterford A.C.** athletes, **Lucy Holmes & Aoife O'Brien**, 10<sup>th</sup> for **Amy Sexton, Kilmurray/Ibrickane A.C.** & 12<sup>th</sup> for **Mallaidh O' Neill, Skibbereen A.C.** with 183 athletes in the race. Munster won gold in

the Inter-Regional competition with gold for **Cork** & bronze for **Clare** in the Inter-County competition. **West Waterford A.C.** won silver in the Inter-Club competition.

**Alex O'Neill, St. Cronan's A.C.** was 4<sup>th</sup> in the Girls U/14 race with **Laura Hayes, St. Catherine's A.C.** in 5<sup>th</sup> & **Shona O'Brien, Spa Muckross A.C.** in 6<sup>th</sup>, **Caoimhe Hogan, Kilmurray/Ibrickane A.C.** in 7<sup>th</sup>, **Laura Nicholson, Bandon A.C.** in 8<sup>th</sup> place, & **Emer Hanrahan, Ennis Track A.C.** in 10<sup>th</sup> place out of 148 athletes. Munster won gold in the Inter-Regional competition with **Cork** winning silver & **Clare** bronze in the Inter-County competition & **Bandon A.C.** winning silver in the Inter-Club competition.

**Aisling Kelly, St. John's A.C.** was 4<sup>th</sup> home in the Girls U/16 race with **Aoife Hamilton, West Waterford A.C.** in 5<sup>th</sup>, **Fiona Everard, Bandon A.C.** in 8<sup>th</sup> place **Caoimhe Harvey, St. John's A.C.** in 11<sup>th</sup> place & **Hannah Power, West Waterford A.C.** in 12<sup>th</sup> place out of 118 athletes. Munster won gold in the Inter-Regional competition with **Cork** winning silver & **Waterford** bronze in the Inter-County competition & **West Waterford A.C.** winning silver in the Inter-Club competition.

In the Girls U/18 race, there were individual medal wins for **Niamh Cotter, Bantry A.C.** who was 11<sup>th</sup> & **Laura Tobin, Clonmel A.C.** who was 12<sup>th</sup> home. Congratulations to all our athletes who took part & especially to the medal winners. Good luck to Kevin Mulcaire, Ennis Track A.C. who has been selected for the Irish Junior team who will compete at the European Cross Country Championships in Belgrade, Serbia on 8<sup>th</sup> December. Well done also to our athletes who have been selected for the Celtic Cross Country International on 4<sup>th</sup> January in Greenmount, Antrim.

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