

National Gold for Holmes & Cotter



The GloHealth National Juvenile Uneven Age Cross Country Championships took place in Dundalk I.T. Grounds on Sunday 11th December 2016. There were brilliant gold medal wins for **Lucy Holmes, West Waterford A.C.** in the Girls U/15 & **Stephanie Cotter, West Muskerry A.C.** in the Girls U/19 race. Munster also had silver medal winners in **Amy McCarthy, Bandon A.C.** (Girls U/11) & **Tommie Connolly, Leevale A.C.** in the Boys U/15 race. Bronze medal wins came for **Emma Landers, Youghal A.C.** (Girls U/13), **Cian Spillane, Farranfore Maine Valley A.C.** (Boys U/13), **Aimee Hayde, Newport A.C.** (Girls U/15) & **Damien Madigan, North Cork A.C.** (Boys U/17) with 33 individual medals in total won by Munster athletes.

In the Inter-Club competition, there were National medals for **Youghal A.C.** (1st Girls U/13), **West Waterford A.C.** (1st Girls U/15), **St. Cronan's A.C.** (3rd Boys U/11) & **Ennis Track A.C.** (3rd Boys U/15 & Boys U/19).

In the Inter-County competition **Cork, Clare & Waterford** all won medals on the day. **Cork** won gold in Girls U/11, U/13 & U/15 & bronze in Boys U/15, Clare won gold in Boys U/13 & Girls U/17 with **Waterford** winning bronze in the Girls U/19.

In the Inter-Regional competition, **Munster** won 8 sets of medals: gold in Boys U/13, Girls U/15, Girls U/17 & Boys U/17, silver in the Girls U/13 & Girls U/19 & bronze in the Girls U/11 & Boys U/15.

In the Girls U/11 race, Munster had 3 athletes in the top 12 – **Amy McCarthy Bandon A.C.** won silver, **Ava Fitzgerald Carraig-Na-Bhfear A.C.** was 9th & **Sorcha Kilgannon Youghal A.C.** 10th. **Cork** won the Inter-County competition with **Munster** 3rd. In the Boys U/11 race, 2 Munster athletes made the top 12 – **John Murphy Liscarroll A.C.** was 6th with **Shane Buckley Dundrum A.C.** in 7th place. **St Cronan's A.C.** were 3rd in the Inter-Club competition with 4th place for **Cork & Munster**.

In the Girls U/13 race, 4 athletes made it into the top 12 – **Emma Landers Youghal A.C.** 3rd, **Neasa Ni Ainifein Ennis Track A.C.** 6th, **Maeve O'Neill Doheny A.C.** 10th & **Sarah Butler Dooneen A.C.** 11th.

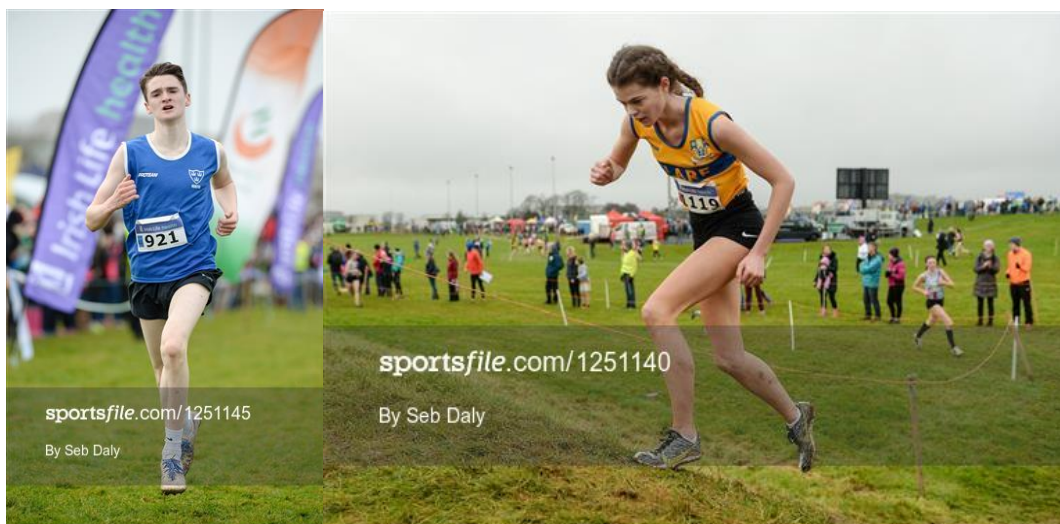
Youghal A.C. won the Inter-Club competition, **Cork** took the Inter-County title with **Munster** in 2nd place in the Inter-Provincial competition. In the Boys U/13 race, there were top 12 finishes for **Cian Spillane Farranfore Maine Valley A.C.** 3rd, **Aidan Burke Waterford A.C.** 6th, **Tommy Fennell West Waterford A.C.** 8th, **Colin Ryan Ennis Track A.C.** 9th & **Cian O'Boyle Marian A.C.** 10th. **Clare** won the Inter-County title with **Munster** winning gold in the Inter-Provincial competition.



In the Girls U/15 race, Munster had no individual winners last year but certainly made up for it in 2016. **Lucy Holmes West Waterford A.C.** scored a brilliant victory when she came home in 1st place with the National U/14 Champion, **Aimee Hayde, Newport A.C.** in 3rd place, **Shannon Cotter West Muskerry A.C.** in 8th place & **Una O'Brien Tramore A.C.** in 10th place. **West Waterford A.C.** took gold in the Inter-Club competition, **Cork** won the Inter-County & **Munster** topped the Inter-Provincial competition.



In the Boys U/15 race, there were 2 athletes in the top 12 –**Tommie Connolly Leevale A.C.** 2nd & **Daire O'Sullivan Carraig-Na-Bhfear A.C.** 9th. **Ennis Track A.C.** were 3rd as well as **Cork** with **Munster** placing 3rd as well.



In the Girls U/17 race there was individual medals for **Alex O'Neill St. Cronans A.C.** 4th, **Laura Nicholson Bandon A.C.** 6th & **Shona O'Brien Gneeveguilla A.C.** 12th. **Clare** won the Inter-County title with **Munster** also taking gold in the Inter-Provincial competition. In the Boys U/17 race, there were medals for **Damien Madigan North Cork A.C.** 3rd, **Jake McCarthy Youghal A.C.** 6th & **Conor Devane Ennis Track A.C.** 11th. **Munster** won gold in the Inter-Provincial competition.

Stephanie Cotter, West Muskerry A.C. took gold & the National title in the Girls U/19 competition with a brilliant display of running with individual medals for **Aisling Kelly St. John's A.C.** 4th, **Fiona Everard Bandon A.C.** 5th, **Shauna Doellken Kenmare A.C.** 8th & **Ellen McCarthy Skibbereen A.C.** 10th. **Waterford** won bronze in the Inter-County competition with **Munster** winning silver. In the Boys U/19 race, there was individual medals for **Michael Power West Waterford A.C.** 5th & **David McGlynn Waterford A.C.** 8th. **Ennis Track A.C.** were 3rd in the Inter-Club competition.

Congratulations to all our athletes who took part.