

### Irish Life Health Munster Schools Cross Country Championships

The Irish Life Health Munster Schools Cross Country Championships took place in WIT Sports Campus, Carriganore, Co. Waterford on Friday 23<sup>rd</sup> February 2018.

**Sarah Butler, Laurel Hill SS** was the winner of the Minor Girls race with silver for **Aoibhinn Murphy, St. John the Baptist CS** & bronze for **Alex Cashman, Pobalscoil na Trionoide**. **Pobalscoil na Trionoide** won team gold with silver for **John the Baptist CS** & bronze for **Kilrush Community School**. In the Minor Boys competition, the top three were **Tommy Fennell, St. Augustine's College Dungarvan**, **Cian Hodgins, Nenagh CBS** & **Tadh Connolly, Abbey CC**. Team honours went to **Nenagh CBS, St. Flannan's College Ennis** & **St. Augustine's College Dungarvan**.



In the Junior Girls competition, **Niamh Cuneen, St. Mary's Nenagh** won gold with silver for **Emma Landers, Pobalscoil na Trionoide** & bronze for **Shauna McCarthy, Killorglin CS**. It was another team win for **Pobalscoil na Trionoide** with silver for **Ard Scoil na nDeise** & bronze for **St. Mary's Nenagh**. There was a top 3 finish for **St. Flannan's Ennis** with gold & silver for twins, **Dean & Dylan Casey**, & bronze for **Luke Griffin**. First 3 teams were **St. Flannan's Ennis, De La Salle Waterford & Thurles CBS**.



Last year's winner of the Junior Girls race, **Aimee Hayde, St. Mary's Newport** captured gold in the Intermediate Girls race with silver for **Niamh O'Mahony, Presentation Tralee** & bronze for **Tara Ramasawamy, Presentation Waterford**. **Loreto Fermoy** took the team title, with silver for **Ard Scoil na nDeise** & bronze for **St. Augustine's College Dungarvan**. **Tommy Connolly, CBC Cork** won the Intermediate Boys title with silver for **Chris O'Reilly, Douglas CS** & bronze for **Ben Deasy, St. Flannan's College Ennis**. There was team gold for **St. Flannan's College Ennis** with silver for **Douglas Community School** & bronze for **Charleville CBS**.





In the Senior Girls competition, there was gold for **Laura Hayes, Loreto Fermoy** (last year's winner of the Inter title), silver for **Anna O'Connor, Waterpark College** & bronze for **Leah O'Neill, Colaiste Mhuire Ennis**. Team prizes went to **Waterpark College, Ursuline Waterford & the Presentation Thurles**. **Darragh McElhinney, Pobalscoil Bheantraí** was the winner of the Senior Boys race (to add to this Inter title last year) with silver for **Charlie O'Donovan, Colaiste Chriost Ri** (to add to his Senior silver in 2017) & bronze for **Frank O'Brien, Midleton CBS**. Gold in the team competition went to **Colaiste Chriost Ri**, with silver for **Midleton CBS** & bronze for **St. Flannan's College Ennis**.



Extract from AAI Website

## McElhinney to the fore in Carriganore

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### McElhinney to the fore in Carriganore

Biting cold and blustery conditions didn't deter the competitors at an exciting Irish Life Health Munster Schools Cross Country Championships at the WIT Sportsgrounds in Carriganore today (February 23).

Darragh McElhinney (Pobalscoil Bheanntrai) won the big duel of the day to beat Charlie O'Donovan (Colaiste Chriost Ri) in the senior boys 6,000m. Frank O'Brien (Midleton CBS) made up ground at the end to finish third. O'Donovan had the consolation of leading his school to the team title.

The course is a true test of strength and with it very much undulating to really capture the phrase "what goes up must come down." This will be where the Irish Life Health All Ireland Schools Cross Country Championships will be hosted on March 10th. The toughest part of the course is a 500m stretch which includes a short, sharp steep hill which flattens and then develops into a long drag to test the hardy souls.

Sarah Butler (Laurel Hill Secondary School) was the first winner of the day in the minor girls' 1500m with Pobalscoil na Trionoide winning the team title.

Niamh Clinneen (St Mary's Nenagh) won the junior girls' 2,000m with Pobalscoil na Trionoide winning out once again in the team standings.

Aimee Hayde (St Mary's Newport) was dominant from the start in the intermediate girls 3,500m to win comfortably in her customary pink knee-high compression socks. Loreto Fermoy won team gold.

It went from team gold to individual gold for Loreto Fermoy in the senior girls' 2,500m where Laura Hayes finished strongly on the last lap to cross the line first. International race walker Anna O'Connor finished second and led her school Waterpark to the team prize.

Tommy Fennell (St Augustine's) headed the minor boys' 2,000m with St Joseph's Nenagh capturing the top team spot.

The St Flannan's College dream team found their fourth scorer to romp home in the junior boys' 3,000m. The Casey twins, Dean and Dylan, went 1-2 with Luke Griffin rounding out a clean sweep for the Ennis school on the podium. Crucially Barry Conway was 17th to dominate the team

standing. Last year they were missing a good fourth counter which cost them dearly in the All Irelands.

Tommy Connolly (CBC Cork) won the intermediate boys' 4,500m with St Flannan's proving the strongest once more in the team standings.

The curtain will be raised once more in WIT on Saturday March 10th for the quest for ultimate gold at the Irish Life Health All Ireland Schools. The fittest and strongest will win out.

Full results are [HERE](#)

## Top Results

### Irish Life Health Munster Schools Cross Country, WIT sportsground

#### Girls

Minor 1500m

Sarah Butler (Laurel Hill Secondary School), 2. Aoibhinn Murphy (John the Baptist CS), 3. Alex Cashman (Pobalscoil na Trionoide)

Team

Pobalscoil na Trionoide, 2. John the Baptist CS, 3. Kilrush Community School

Junior 2,000m

Niamh Clinneen (St Mary's Nenagh), 2. Emma Landers (Pobalscoil na Trionoide), 3. Shauna McCarthy (Killorglin CS)

Team

Pobalscoil na Trionoide, 2. Ard Scoil na nDeise, 3. St Mary's Nenagh

### Intermediate 3,500m

Aimee Hayde (St Mary's Newport), 2. Niamh O'Mahony (Presentation Tralee), 3. Tara Ramasawamy (Pres Waterford)

#### Team

Loreto Fermoy, 2. Ard Scoil na nDeise, 3. St Augustine's

### Senior 2,500m

Laura Hayes (Loreto Fermoy), 2. Anna O'Connor (Waterpark College), Leah O'Neill (Colaiste Mhuire Ennis)

#### Team

Waterpark College, 2. Ursuline Waterford, 3. Pres Thurles

## Boys

### Minor 2,000m

Tommy Fennell (St Augustine's), 2. Cian Hodgins (St Joseph's Nenagh), 3. Tadgh Connolly (Abbey CC)

#### Team

St Joseph's Nenagh, 2. St Flannan's College, 3. St Augustine's

### Junior 3,000m

Dean Casey (St Flannan's), 2. Dylan Casey (St Flannan's), 3. Luke Griffin (St Flannan's)

#### Team

St Flannan's College, 2. De La Salle Waterford, 3. Thurles CBS

Intermediate 4,500m

Tommy Connolly (CBC Cork), 2. Chris O'Reilly (Douglas CS), 3. Ben Deasy (St Flannan's)

Team

St Flannan's College, 2. Douglas Community School, 3. CBS Charleville

Senior 6,000m

Darragh McElhinney (Pobalscoil Bheanntraí), 2. Charlie O'Donovan (Colaiste Chríost Rí), 3. Frank O'Brien (Midleton CBS)

Team

Colaiste Chríost Rí, 2. Midleton CBS, 3. St Flannan's College