

National Titles for Duignan, Landers & O'Mahony



The Irish Life Health National Juvenile Uneven Age Cross Country Championships took place in Cowpark, Dunboyne, Co. Meath on Saturday 14th December 2019. Munster athletes won 39 individual medals in total with fantastic races from our three athletes who won gold & National titles on the day – **Finn Duignan, St. Cronan's A.C., Boys U/13**, **Emma Landers, Youghal A.C. Girls U/17 & Niamh O'Mahony, An Ríocht A.C. Girls U/19**. Other athletes who produced great performances & scored a top 3 finish were **Emma Flynn, North Cork A.C 2nd Girls U/11**, **Aoife Lillis, St. Mary's A.C. Clare 3rd Girls U/13**, **Nicole Dinan, Leevale AC. 2nd Girls U/15**, **Dean Casey, Ennis Track A.C. 2nd Boys U/17**, **Una O'Brien, Waterford A.C., 2nd Girls U/19** & **Lucy O'Keeffe, Youghal A.C. 3rd Girls U/19**.

In the Inter-Club competition, there were National medals for **St. Cronan's A.C. (1st Boys U/11)**, **Midleton A.C. (2nd Boys U/11)**, **St. John's A.C. (2nd Girls U/11)**, **St. Mary's A.C. Clare (3rd Girls U/13)**, **Leevale A.C. (1st Girls U/15)**, **Youghal A.C. (2nd Girls U/15 & Girls U/17)**, **Ennis Track A.C. (1st Girls U/11 & Girls U/17 & 2nd Boys U/17)**, **Nenagh Olympic A.C. (2nd Boys U/15)** & **Waterford A.C. (1st Girls U/19)**.

In the Inter-County competition, our top counties were **Cork (3 gold, 1 silver)**, **Clare (2 gold & 3 bronze)**, & **Tipperary (1 bronze)**. In the Inter-Regional competition, **Munster** won 7 sets of medals in total - 2 gold & 4 silver & 1 bronze.

In the Girls U/11 race, Munster had 8 athletes in the top 12 – **Emma Flynn, North Cork A.C. (2nd)**, **Ellie-Kate McRae, Midleton A.C. (4th)**, **Alicia Moono, Midleton A.C. (6th)**, **Isabelle Gaffney, West Waterford A.C. (7th)**, **Freya Bateman, Belgooly A.C. (8th)**, **Faye Mannion, Ennis Track A.C. (9th)**, **Sophie Maher, Ennis Track A.C. (10th)** & **Millie Watts, Ennis Track A.C. (11th)**. Ennis Track A.C. won gold in the Inter-Club competition with silver for **St. John's A.C. Clare**. Clare won the Inter-County title with silver for **Cork** and gold for **Munster** in the Inter Provincial contest. In the Boys U/11 race, there were 6 Munster athletes in the top 12 – **Conor Looney, Blarney Inniscara A.C. (6th)**, **Cian Ryan,**

Carraig na BhFear A.C. (7th), Liam Keane, Fergus A.C. (8th), Colm Ryan, Newport A.C. (9th), Eoin Prendergast, West Waterford A.C. (10th) & Iaasc Vickers, Farranfore Maine Valley A.C. (12th). St. Cronan's A.C. took the Inter Club title with silver for Midleton A.C. Clare won the Inter County title with silver for Munster.



In the Girls U/13 race, **Aoife Lillis, St. Marys (Clare) A.C.** won individual bronze with bronze also for **St. Mary's A.C. Clare** in the Inter Club competition, bronze for **Clare** in the Inter County and 4th place for **Munster**. In the Boys U/13 competition, **Finn Duignan, St. Cronan's A.C.** won national gold with **David Gaffney, West Waterford A.C.** in 8th place & **Diarmuid Moloney, Nenagh Olympic A.C.** in 12th. **Clare** won bronze in the Inter County competition with silver for **Munster**.



3 Munster athletes made the top 12 in the Girls U/15 competition with a silver medal win for **Nicole Dinan, Leevale A.C.**, 5th place for **Avril Millerick, Youghal A.C.** & 11th for **Claire Crowley, Leevale A.C.** **Leevale A.C.** won gold in the Inter-Club competition with silver for **Youghal A.C.**, **Cork** won gold in the Inter-County competition with silver for **Munster** in the Inter-Provincial competition. 5 Munster athletes won individual medals in the Boys U/15 race, **Cian Hodgins, Nenagh Olympic A.C. (4th)**, **Tom Walshe, Nenagh Olympic A.C. (5th)**, **Gerard Dunne, St. John's A.C. Clare, Fionn Harrington, Durrus A.C. (7th)** & **Sean Lawton, Durrus A.C. (10th)**. **Nenagh Olympic A.C.** won silver in the Inter-Club competition with gold for **Cork** and bronze for **Tipperary** in the Inter-County competition and gold for **Munster**.



Emma Landers, Youghal A.C. won the Girls U/17 race with **Neasa Ni Ainifein, Ennis Track A.C.** in 8th place & **Shauna McCarthy, Farranfore Maine Valley A.C.** in 11th. **Ennis Track A.C.** took gold in the Inter-Club competition with silver for **Youghal A.C.** **Cork** winning gold in the Inter-County

competition and **Munster** won bronze. In the Boys U/17 race, **Dean Casey, Ennis Track A.C.** won silver with **Mark Hanrahan, Ennis Track A.C.** in 11th place. **Ennis Track A.C.** finished 2nd overall in the Inter-Club competition with bronze for **Clare** and silver for **Munster**.



6 Munster athletes made it into the top 12 in the Girls U/19 race, first home **Niamh O'Mahony, An Ríocht A.C.** who won the National title with silver for **Una O'Brien, Waterford A.C.**, 3rd for **Lucy O'Keeffe, Youghal A.C.**, 4th for **Lucy Holmes, West Waterford A.C.**, 6th for **Laura Healy, Ennis Track A.C.** & 12th for **Siobhan Whelan, Clonmel A.C.** **Waterford A.C.** were 2nd in the Inter-Club competition with **Waterford** winning the Inter-County competition and **Munster** winning gold in the Inter-Provincial competition. In the Boys U/19 race, **Frank O'Brien, Midleton A.C.** was 9th with **Kevin O'Grady, Dooneen A.C.** in 11th place and **Jamie Kelly, Ennis Track A.C.** in 12th. **Munster** was 3rd in the Inter-Provincial competition.



Congratulations to all our athletes who took part & especially to the medal winners.