

Track and Field - Waterford athletes prominent at National Cross Country Championships

The National senior, junior and juvenile Cross Country Championships were held in Abbotstown Co Dublin on Sunday last and huge fields were the order of the day in all events with all 32 counties represented.

Individual and inter club, inter county and inter provincial team titles were on offer and Waterford athletes figured very prominently.

In the senior men's race Shane Quinn Ferrybank AC home from the USA especially for the event eventually finished eighth with a good effort having been in the first four or five for a good portion of the race.

In the junior race Barry Keane Waterford AC caught the eye as he finished fifth with another brave effort.



Athletes competing in last year's Waterford AC Half-Marathon. This year's event goes ahead on Saturday next. Photo: Noel Browne

In the under-age championships there was a terrific run by Lucy Holmes West Waterford as she finished second overall in a huge field in the U16 grade, David Mc Glynn Waterford had a big run also in the U18 grade finishing fourth and just two places behind him with another good effort was his great rival Miceál Power West Waterford who beat McGlynn by one place in the Munster equivalent.

Others with high placings were Ally Cunnngnam ninth girls U12, Oisín O'Riordan and Cian O'Riordan were both 10th U14 and U16 respectively.

Tommy Fennell was 11th U16 and Caoimhe Dwyer was 12th U12, all West Waterford and all these athletes have been most consistent at Munster level also.

West Waterford were third club in the boys U16 and in the inter county team section Waterford had three thirds with the boys U16, comprising Cian O'Riordan, Luke Brennan, Michael Troy, Jake Bagge, Matteo Mary and Luke Power, boys U18 comprising David Mc Glynn, Miceál Power, Niall Blackwell, Evan Keane, Conor Sheils and Hugo Blair and junior with Barry Keane, Mc Glynn, Power, Blackwell, Evan Keane and Sheills.

The senior men's team finished an excellent fourth; the team scorers were Shane Quinn, Andrew Connick, Noel Murphy, Brian Swaby, Brendan Gallagher and Louis O'Carroll.

Waterford athletes were also on Munster teams that won gold, silver and bronze medals.

Turkey Trot

On Sunday last also the eighth annual Paddy Joe Curran Memorial Turkey Trot 5 Miles and 4 miles walk was held at Pulla, just outside Dungarvan .Co Waterford and a total of 260 participated.

The overall winner was Damien Murphy (West Waterford) in 26 minutes 43 seconds, Danny Smyth (Ballynonty) was second in 28;03 and Nigel Sheehan (Youghal) was third in 28;05.

First woman home was Kate Veale (West Waterford) in 32.45, Sinéad Brannigan (Waterford) was second in 33;31 and Deirdre Ansbro (Youghal) was third in 34;12 and the proceeds go to SERT.

Waterford AC Half-Marathon

On Saturday next at 10 am sharp the annual Waterford AC Half Marathon will have an entry of over 2000 and it starts and finishes at WIT Sports Campus Carriganore.

The course will come in the Old Kilmeaden Road as far as the Industrial Estate then proceed through the estate coming out on the Cork Road by Mc Connells Garage, cross the road heading down The Witches Lane in Ballybeg, out Lacken Road ,over Green Road ,Outer Ring road, out to The Holy Cross and head over to Old Kilmeaden road down Oliver's Hill and back in to WIT.

Full course on race website. There is no need to check in on race day. There will be a help desk on the day to answer any queries you have, please note however the organisers will NOT be in a position to reissue your number or timing chip so be sure to have them with you on the day.

While there is plenty parking at the race headquarters please allow yourself enough time should you have to park in the overflow car park which is 2km away. All competitors to wear numbers on chest and not be covered by clothing and if you cannot compete on the day please do not give your number to someone else.

Munster Cross Country

On Sunday next the Munster Juvenile "B" Juvenile and Intermediate Cross Country Championships are in Clarecastle GAA Club Grounds , Clarecastle, Co Clare at 11.30 am. A small contingent of athletes from Waterford will compete.

December Fixtures

Saturday December 10th; International Schools Combined Events AIT Arena Athlone, Sunday December 11th; European Cross Country Championships Chia,Italy,Sunday December 18 th Naytional Juvenile U13,15,17,19 and Novice Cross Country Championships Dundalk IT