

# **Jean Clancy and Jake O Regan take Munster Titles**

**The Munster Senior and Junior Cross Country Championships plus the Juvenile Inter County Relays U/10, U/12 and U/14 were held in Beaufort, Co. Kerry and the Clare athletes have started the 2012 season in fine style and in wet and wintry conditions the Inter County Relays Clare taking three Munster Titles, Boys U/10's, Girls and Boys U/14's, Double silver medal in the Girls U/10's and Boys U/12's and girls U/12's were pipped on the finish line for bronze medals.**

**The Munster Junior Ladies the 2011 champion Jean Clancy St Johns retained her title with Niamh Markham Ennis Track and Niamh Clancy St Johns taking the silver and bronze medals with Ennis and Clare taking the Team gold.**

**Last years Junior mens title holder Jake O Regan St Johns again producing a very big race to retain his title and also retaining their Inter Club Awards title.**

**Marie Carey Ennis Track taking a silver medal in the Senior Ladies 5000metres and Ennis Track taking the Munster Inter Club title and in the senior mens 10000metres Michael Shannon Kilnaboy taking a bronze medal and leads Clare to Team gold.**

**The Inter County Relays Clare were just magnificent and the first race of the day was the girls U/10's 4 x 250metres with Niamh Conlon Kilmihil, Keisha Attwell St Marys, the first two to lead the way with Amy Sexton Kilmurry Ibrickane/North Clare producing one massive 250metres lap to bring Clare from fourth to second on the third leg and Jodi Cahill St Cronans and (Sub) Hannah Shannon Kilmurry Ibrickane/North Clare taking the silver medals and in the boys U/10's five teams going to the start Ferdia O Lionain Tulla and Ben Whelehan Kilmurry Ibrickane/North Clare were on level terms going into the third leg and Fintan Caulfield Tulla running very strong and opened the gap to hand over to Conor Hassett St Marys and (Sub) Eoin Browne St Marys and taking the gold medal in fine style.**

**The Girls U/12 500metres were very unlucky to be just pipped on the line for bronze medals with the Boys U/12's 500metres Caoilfhionn O Dea and Cian Shannon both Kilmurry Ibrickane/North Clare having to work hard against a very strong Tipperary Team and Luke Callinan St Marys along with Thomas Clancy St Johns running very steady and holding onto that silver medal.**

**The girls U/14's 4 x 500metres and these Clare girls were very impressive Caoimhie Harvey St Johns in the first leg followed by Elaine Shannon Kilmurry Ibrickane/North Clare and Aisling Kelly St Johns made it very safe with a magnificent third leg to hand over to Tara Bradley St Johns and win easily with (Sub) Sinead Hogan Kilmurry Ibrickane/North Clare.**

**The Boys U/14's 4 x 500metres Eoin Looney Kilmurry Ibrickane/North Clare had this Clare team in third spot and Paul Martin Ennis Track worked hard to get back into second spot with Mark Fennell St Marys powering his way around and with a thirty metres lead handing over to Cathal O Brien Ennis Track came under pressure from the Limerick athletes with 150metres from the finish and Cathal O Brien produced a strong finish to snatch the gold medal and (Sub) Patrick O Rourke Kilmurry Ibrickane/North Clare.**

**The Junior Ladies (4000metres) Clare well represented with St Johns, Ennis Track making up a very good Clare team and this race run over two laps and right from the start Jean Clancy, Niamh Clancy both St Johns and Niamh Markham Ennis Track raced into and early lead and these three athletes dominated this race with Jean Clancy for the second year in a row retaining this Junior Title in fine style with a battle for the minor placings and Niamh Markham just getting in ahead of Niamh Clancy and a fine run by Laura Power to finish 5<sup>th</sup> and Clare taking the in the County Title on (11pts) with the Inter Club title going to Ennis Track 7<sup>th</sup> Aishling Darcy and 8<sup>th</sup> Ciara Mulcaire for a total of (22pts).**

The Junior mens 6000metres Clare were again well represented by St Johns athletes and Jake O Regan St Johns the Clare AAI Sports Star award winner on Friday Night at the Auburn Lodge Hotel set a lively pace from the start with Dean Cronin Blarney Iniscarra right on his shoulder for the first 1000metres and Ian Conor Madigan, Declan Keniry both St Johns was in the next chasing group that included that included two Togher athletes along with Eoin Brew St Johns.

When the race settled on the start of the second lap Jake O Regan was starting to look very strong and on that final lap he was very relaxed and he crossed the finish line and another great day for this St Johns athlete retaining his Munster Junior Title in fine style with St Johns taking the Inter Clubs title with 5<sup>th</sup> Declan Keniry, 7<sup>th</sup> Conor Madigan, 9<sup>th</sup> Eoin Brew for a total of (22pts).

The third race of the afternoon the senior ladies run over a distance of 5000 metres and this was a mighty contest between three masters athletes Marie Carey Ennis Track, Carmel Crowley Bandon and Niamh O Sullivan Riocht and these three athletes set out a very fast pace from the start with Siobhan Lennon, Rosemary O Brien, Aoifa Nash all Ennis Track and Michelle O Mahoney Kilmurry Ibrickane/North Clare running in the next chasing group and with a lap remaining former Irish International on home ground Niamh O Sullivan raced away from this field to take the Munster Title from the Clare Senior Cross Country Champion Marie Carey Ennis Track with Siobhan Lennon 9<sup>th</sup> followed by Rosemary O Brien 11<sup>th</sup> Aoifa Nash 13<sup>th</sup> and 14<sup>th</sup> Michelle O Mahoney and Ennis Track taking the Munster Inter Club title on (35pts) from Eagle of Cork on (40pts) and Clare taking bronze medals.

The senior mens 10,000 metres and run over five laps and all counties were well represented on the starting line, and as the athletes made their way out over the first lap Michael Carmody Limerick A. C. made this race into single field right from the start, James Mc Carthy and Sean Mc Grath both East Cork, Rory Chesser Ennis Track and Michael Shannon Kilnaboy all in that chasing group for the next three laps with Thomas Scanlon, Brian Murphy, Ennis Track, Fergal Smithwick Marian and Willie Devitt Kilmurry Ibrickane/North Clare packing well in the top twenty, Michael Carmody looking very comfortable in the lead with two laps remaining with Michael Shannon Kilnaboy making good progress towards the leaders and now in third place and over the final lap the placings remained unchanged with Michael Carmody a very impressive winner, Michael Shannon taking the bronze medal, Rory Chesser running solid in 5<sup>th</sup> with Clare Packing well 12<sup>th</sup> Brian Murphy, 13<sup>th</sup> Fergal Smithwick, 14<sup>th</sup> Thomas Scanlon and 22<sup>nd</sup> Willie Devitt and a very shock with Clare taking the Munster Title on (69pts) from Cork on (72pts) and third Kerry on (103pts) with Ennis Track taking silver medals in the Inter Club 29<sup>th</sup> Micheal Keane on (60pts).

## **Inter County Relays**

### **Results**

#### **Girls U/10's. 4 x 250m.**

- 1 Limerick
- 2 Clare (Niamh Conlon, Keisha Attewell, Amy Sexton, Jodi Cahill, Hannah Shannon).
- 3 Tipperary

#### **Boys U/10 4 x 250m.**

- 1 Clare (Ben Whelehan, Ferdia O Lionard, Fintan Caulfield, Conor Hassett, Eoin Browne)
- 2 Tipperary
- 3 Kerry

#### **Girls U/12's. 4 x 500m.**

- 1 Kerry
- 2 Limerick
- 3 Tipperary
- 4 Clare (Aine Keane, Eimear Keane, Caoimhie Hogan, Emily Cahill, Caoimhie Carmody)

#### **Boys U/12's 4 x 500m.**

- 1 Tipperary
- 2 Clare (Caoilfhionn O Dea, Cian Shannon, Luke Callinan, Thomas Clancy)
- 3 Cork

**Girls U/14's. 4 x 500m.**

- 1 Clare (Caoimhie Harvey, Tara Bradley, Aishling Kelly, Elaine Shannon, Sinead Hogan)
- 2 Tipperary
- 3 Kerry

**Boys U/14's. 4 x 500m.**

- 1 Clare (Eoin Looney, Mark Fennell, Paul Martin, Cathal O'Brien, Patrick O'Rourke)
- 2 Limerick
- 3 Cork

**Junior ladies (4000m)**

- 1 Jean Clancy St Johns
- 2 Niamh Markham Ennis Track
- 3 Niamh Clancy St Johns
- 5 Laura Power Ennis Track
- 7 Aishling Darcy Ennis Track
- 8 Ciara Mulcaire Ennis Track
- 9 Meabh Hogan Ennis Track

**Inter County.**

- 1 Clare (1, 2, 3, 5) = 11pts.

**Inter Club.**

- 1 Ennis Track (2, 5, 7, 8) = 22pts.

**Senior Ladies (5000metres).**

- 1 Niamh O'Sullivan Riocht
- 2 Marie Carey Ennis Track
- 3 Marie Mc Carthy Farranfore
- 9 Siobhan Lennon Ennis Track
- 11 Rosemary O'Brien Ennis Track
- 13 Aoifa Nash Ennis Track
- 14 Michelle O'Mahoney Kilmurry Ibrickane/North Clare

**Inter County.**

- 1 Cork = 24pts.
- 2 Kerry = 32pts.
- 3 Clare (2, 9, 11, 13) = 35pts.

**Inter Club.**

- 1 Ennis Track (2, 9, 11, 13) = 35pts.
- 2 Eagle = 40pts.

**Junior Men (6000metres).**

- 1 Jake O'Regan St Johns
- 2 Dean Cronin Blarney Inniscarra
- 3 Cullen Lynch Togher
- 5 Declan Keniry St Johns
- 7 Conor Madigan St Johns
- 9 Eoin Brew St Johns

**Inter Club**

- 1 St Johns (1, 5, 7, 9) = 22pts.
- 2 Togher = 25pts.

**Senior Men (10000metres).**

- 1 Michael Carmody Limerick**
- 2 James Mc Carthy East Cork**
- 3 Michael Shannon Kilnaboy**
- 5 Rory Chesser Ennis Track**
- 12 Brian Murphy Ennis Track**
- 13 Fergal Smithwick Marian**
- 14 Thomas Scanlon Ennis Track**
- 22 Willie Devitt Kilmurry Ibrickane/North Clare**
- 29 Micheal Keane Ennis Track**
- 33 Kevin Chesser Ennis Track**
- 36 Keith White Ennis Track**

**Inter County**

- 1 Clare (3, 5, 12, 13, 14, 22) = 69pts.**
- 2 Cork (2, 4, 6, 7, 23, 30) = 72pts.**
- 3 Kerry = 103pts**

**Inter Club.**

- 1 East Cork = 50pts.**
- 2 Ennis Track (5. 12. 14. 29) = 60pts.**
- 3 Togher = 64pts.**