

Jake O Regan takes a bronze in Santry.

The Athletics Association of Ireland Woodies DIY National Inter Clubs Cross Country Championships were held in Santry Demense Dublin on Sunday on an excellent cross country course and a very big performance from Jake O Regan St Johns in the Junior Mens 8000metres to take a bronze medal and a fine Club Performance to finish 4th overall with Thomas Scanlon Ennis Track 24th in the Senior Mens 12000metres and Ennis Track taking Grade "C" in the Inter Clubs, Orla O Mahoney Ennis and Raheny Shamrocks Dublin finishing 15th in the Senior Ladies 8000metres with Marie Carey Ennis Track 24th and Ennis Track taking grade "C" in the Inter Club Awards.

The Junior Mens race run over a distance of 8000metres a fine field of athletes went to the start with St Johns being lead out by Jake O Regan St Johns and on this first lap he set out his stall when he settled in with the hot favourite Kevin Dooney Raheny Shamrocks and Stephan Kerr Armagh and with a lap complete these three had broken up this big field with Conor Madigan St Johns, Eoin Brew, Declan Keniry both St Johns running in the top thirty and in Team contention along with Raheny, Clonliffe Harriers and Dundrum South Dublin.

With two of the five laps complete the leaders were well away and Kevin Dooney stamped his authority on his third lap and moved away from the rest of the field to cruise through the final two laps and win comfortable with a battle for second and third and Stephan Kerr Armagh taking the silver medal after a very race from Jake O Regan to take the bronze medal and followed home by Conor Madigan 22nd Eoin Brew 24th , and Declan Keniry 26th with the Inter Club title going to Raheny Shamrocks on (41pts) Clonliffe Harriers also on (41pts) third Dundrum South Dublin on (56pts) and fourth St Johns on (75pts).

Linda Byrne Dundrum South Dublin a clear winner of the senior ladies with all the big stars missing and former Irish International athlete making a surprise comeback Una English Dublin City Harriers now O/40 and finishing second with last years title holder Ava Hutchinson Dundrum South Dublin third and a fine performance from Orla O Mahoney Raheny Shamrocks and Clare finishing 15th and Ennis Track fielding a team at this level for the first time and Marie Carey finishing 24th followed home in 25th Cushla Brid Hehir, 38th Becky Coughlan, 41st Aoifa Nash, 43rd Siobhan Gallagher with Dundrum South Dublin taking the Inter Club awards on (34pts) second North Belfast on (39pts) third Clonliffe Harriers on (53pts) with Ennis Track taking grade "C" on (128pts).

With no World Cross Country Championships this year the Senior Mens 12000metres was a wide open race and Eddie Mc Ginley Annadale Striders made all the running from the start and over six laps he made light work of the heavy conditions to take the title from Sergio Ciobana Clonliffe Harriers and Garry O Hanlon Clonliffe Harriers. Thomas Scanlon Ennis Track was the leading Clare athlete in 24th position followed home in 32nd Brian Mc Ginley, 39th Michael Maher, 64th Brian Murphy, 91st Paddy Quinn with the Inter Club awards going to Clonliffe Harriers on (25pts) second Raheny Shamrocks on (45pts) third Dundrum South Dublin on (78pts) and fourth Ennis Track on (159pts) and taking Grade "C" in the Inter Club Awards.

Results.

Senior Ladies (8000m).

- 1 Linda Byrne Dundrum South Dublin (25 . 53)
- 2 Una English Dublin City Harriers (26 . 16)
- 3 Ava Hutchinson Dundrum South Dublin (26 . 38)
- 15 Orla O Mahoney Raheny (Clare) (28 . 27)
- 24 Marie Carey Ennis Track (29 . 34)
- 25 Cushla Brid Hehir Ennis Track (30 . 25)
- 38 Becky Coughlan Ennis Track (33 . 03)
- 41 Aoifa Nash Ennis Track (33 . 31)
- 43 Siobhan Gallagher Ennis Track (34 . 05)

Teams.

Grade "A"

- 1 Dundrum South Dublin = 34pts.
- 2 North Belfast = 39pts.
- 3 Clonliffe Harriers = 53pts.

Grade "C"

- 1 Ennis Track = 128pts.

Junior Men (8000m).

- 1 Kevin Dooney Raheny (24 . 07)
- 2 Stephan Kerr Armagh (24 . 32)
- 3 Jake O Regan St Johns (24 . 39)
- 22 Conor Madigan St Johns (27 . 09)
- 24 Eoin Brew St Johns (27 . 25)
- 26 Declan Keniry St Johns (27 . 37)

Teams.

- 1 Raheny Shamrocks = 41pts.
- 2 Clonliffe Harriers = 41pts.
- 3 Dundrum South Dublin = 56pts.
- 4 St Johns = 75pts.

Senior Men (12000m).

- 1 Eddie Mc Ginley Annadale Striders (35 . 09)
- 2 Sergio Ciobanu Clonliffe Harriers (35 . 24)
- 3 Garry O Hanlon Clonliffe Harriers (35 . 35)
- 24 Thomas Scanlon Ennis Track (37 . 40)
- 32 Brian Mc Ginley Ennis Track (38 . 03)
- 39 Michael Maher Ennis Track (38 . 43)
- 64 Brian Murphy Ennis Track (40 . 13)
- 91 Paddy Quinn Ennis Track (42 . 04)

Teams.

Grade "A"

- 1 Clonliffe Harriers = 25pts.
- 2 Raheny Shamrocks = 45pts.
- 3 Dundrum South Dublin = 78pts.

Grade "C"

- 1 Ennis Track = 159pts.
- 2 Sliabh Bhuide Rovers = 224pts.
- 3 Craughwell = 226pts.