

2016 COUNTY UNEVENS CROSS COUNTRY CASTLECOMER

St Senans AC finished joint 1st in the shield for the best club in the county. Quiet an achievement for a relatively small club like ours. And the coaches are very happy to report the magnificent turn out of athletes. So from now on - they all get the message....we coach them, they train and they compete! Easy right!

RESULTS

The day started with the boys and girls u/9. David Phelan, Anil Ramasawmy and Finn O'Neill were our boys along with Isabel Regan, Fiona Cooke, Una Cooper and Evelyn Williams. All ran very well and are our future up and coming stars.

Some great individual battles with Caoimhe Phelan u/11 giving it all to be pipped literally on the line. Ben Wallis 2nd u/11 boys started to close down on Brian Moore of KCH getting within 1 meter of him in the end. Tara Ramasawmy got another 2nd, getting away from Ellen Ryan of TT and Aoife Allen showed sheer determination to come back and fight off 2 KCH girls to come 3rd in what is her best race of the season so far. Plenty of good performances all around by our athletes today. We had a phenomenal 12 St Senans athletes in girls u/11. All doing very well.

A big Thank You to all the athletes for coming out here today and competing for the club. Getting joint 1st in the shield was attributed to you all.

A special mention has to go to our rather senior of senior members who despite their years, wore the St Senans vest very gracefully in the Masters section: Colm Sheridan, John Finn and Bill Lacey. They did it "for the Shield"..... An account of their race can be found on their twitter accounts. Bill Lacey's being particularly good.

Girls' U-11: 2 Caoimhe Phelan, 5 Eve Dunphy, 6 Charlotte Carpendale , 7 Juliette Evans, 16 Aine O Callaghan, 17 Molly Long, 25 Grace Ramasawmy, 26 Keelin Duggan, 33 Grace Murphy, 37 Amelie Walsh, 41 Aine Cooper, 46 Molly Connolly

Teams: 1 St Senans A, 4 St Senans B,

Boys' U-11: 2 Ben Wallis, 3 Eoin Alyward, 9 Shane Morrissey, 10 Isaac Carew, 13 Michael O Shea , 20 Harry Morrissey,

Teams: 1 St Senans

Girls' U-13: 2 Saoirse Allen, 12 Libby Murphy, 22 Sophie Williams, 24 Rose Sheridan, 25 Sophie Monahan, 26 Aoife Blanche, 27 Kate Alyward,

Teams: 4 St Senans

Boys' U-13: 6 Jack O Neill, 7 Tadgh Connolly, 9 Naoise Gilmartin, 20 Gearoid Long,

Teams: 3 St Senans

Girls' U-15: 2 Tara Ramasawmy, 9 Jane Rochford, 16 Kate Sheridan, 18 Allie O Brien, 19 Susan Murphy;

Teams: 2 St Senans

Boys' U-15: 7 Josh Fenton, 8 Robert Finn, 9 Daniel O Brien, 10 Ryan Cummins, 11 Mark Finn,

Teams: 2 St Senans

Girls' U-17: 3 Aoife Allen, 7 Eimear Larkin, 8 Nell Murphy, 10 Afton Grace;

Teams: 2 St Senans

Girls' U-19: 1 Isabel Morgan, 2 Anne Marie Maloney, 3 Sarah Butler;

Teams: 1 St Senans

Boys' U-19: 1 Jonathan Crowley;

Masters Men (M45): 10 Colm Sheridan, 16 John Finn, 19 Bill Lacey

Teams: 5 St Senans