

County Cross Country Title for Ellen Boylan

Day two of the county championships went ahead in ideal sunny conditions. KCK had a very successful day with the club picking up many individual and team medals.

Star of the day for the club was undoubtedly Ellen Boylan. Competing in the girls U11 race, Ellen got off to a very strong start and at the half way mark held a good lead. She continued to power home and crossed the line in 1st place to take her county title. This was an excellent performance from Ellen who is coming back into excellent shape over the cross country, after a super track season over the summer.

Girls U11 take Bronze Medals

KCK's U11 team, led home by Ellen, scooped county team medals. Kayleigh Cass and Ciara Power both competing a year out of their age, followed up last week's races with more excellent performances, coming home in 11th and 13th places respectively. Sarah O'Neill Dowdall and Emily Lenihan, enjoyed their first taste of County Cross Country action this year and their strong races were rewarded with county medals as the team finished in 3rd spot.

The boys U11 team finished just shy of a team medal, as they were led home by Paudie Barry who put in a great run. Close on his heels were Donnacha Dunphy, Adam Murray, Colm Barry, Paulie Cunningham and Shane Power.

U9 Teams Motor Well

Our boys U9 team did very well, led home by Eoin Flavin, who had a very strong run. One place behind was newcomer James Lenihan, with Alan Cantwell right on his heels. Michael Power and Liam Organ rounded off a very good outing for the young team, with all boys finishing well up the field. The girl's U9 squad were unlucky to lack a 4th scorer, as with 3 top ten finishes, were almost assured a team medal. Róisín Power put in a super race, with the youngster coming home an excellent 5th place. Another athlete with a bright future is Rebecca Walsh, who crossed the line one behind in 6th place. To round up the excellent performances, young Aine Fitzgerald raced home in 10th place, again showing plenty of promise and stamina in the process.

Girls U13 take Team Medals

Our U13 girls' team put in excellent performances. With three out of the four athletes competing out of their age, it was always going to be competitive. However Helena Barry, fresh from her own strong run last week led by example, powering through the longer distance. Shíona Dunphy was hot on her heels taking 14th place after one of her strongest runs to date. Nadia Power and Aisling Power looked very strong as they entered the final straight, and after a good race, managed to put in very fast finishes. The girls combined brilliantly and when team totals were added up they came away with 3rd place, and the bronze county medals, well done.

Individual Bronze for Rena Behan

Rena Behan showed she's continuing to come into good form when she took the individual bronze medal in the girls U15 race. This followed up from the silver medal she won last weekend. Rena was amongst the leaders from the off and finished strongly, closing on the leader in the closing stages.

Team Bronze for Girls U15

There were further medals for the under 15 age group, when the girls team finished in second place in the team competition. Led home by Rena, it was Emily Keane who was next to cross the line in a brilliant 5th spot. This was one of Emily's strongest cross country outings to date. Newcomer Róisín Dunphy showed some good natural flare for the sport when she was next home for the club in 9th. Hannah Mei Behan and Margaret Ann Boylan all put in equally strong performances and have shown improvements over the last few weeks.

Siobhain Boylan takes Silver

Having watched her daughter scoop top honours earlier in the day, Siobhain Boylan stepped out for the Novice/Masters ladies race. Having recorded a fine win in Kilmacow a few weeks previous, Siobhain was once again among the medal winners, this time taking a county silver medal after another very fine performance.

Indeed, well done to all athletes who competed over the two days of competitions. Thanks to the host club West Waterford, and also to all the parents who turned up and helped out on the day. It was a very enjoyable day for competitors and spectators alike.