

Star of the Sea AC

Star of the Sea AC held their 31st Annual Cross Country Meeting on September 22nd 2019 as usual on the lands of Brendan and Mary Meade at Greenanstown, Stamullen. The torrential rain earlier in the morning while affecting the numbers present only made a very dry course nicer to run on by taking the hardness out of the ground. The club would like to thank all the helpers and club members who beforehand set up the course and on the day work so hard to make the event the success that it is. Thanks is also due to the scorekeepers, recorders and officials who help make the programme run so smoothly and lastly the club would like to thank all our visiting athletes and their supporters who help to make the day so memorable. Athletes from clubs as far apart as Ferrybank AC in Waterford city to Oriel AC in Newbliss, Co. Monaghan made the trip to the hills of East Meath for the first cross country race of the year.

The Star of the Sea Shield for the best juvenile club was retained by Ratoath AC when they recorded a narrow two point victory over Mullingar Harriers with a score of 66pts to 64 based on the juvenile programme of 16 races.

The boys U17 race saw new member in the club Ivan Ryan finish in 6th place and gain a podium position in a very high quality field. In the ladies 3k race Holly Brennan (Cilles AC) outsprinted Laura Buckley (Dunboyne AC) over the final 300m to take the victory with Nicola Welsh (Dunleer AC) 3rd with Abbie Sheridan (Ardee & District) coming 4th with our own Aoife Parella finishing in 5th place.

The men's 6k race consisting of four laps would see Star of the Sea's Ciaran McKenna who last week won the Ratoath half marathon swap the roads for the fields this weekend and in doing so came back to where he started running as a teenager fifteen years ago. Also in the race was last year's winner from Ferrybank AC in Waterford namely Andrew Connick. While Andrew and Ciaran were together as they completed the first lap Ciaran gradually opened up a gap as he moved out on his second lap. Going out on the third lap the Star of the Sea athlete had a ten metre lead on the Ferrybank athlete. Ciaran kept the pressure up and extended his lead over the last two laps to win by a margin of 38 seconds over Andrew Connick with Sean Doran (Clonliffe Harriers) a further 18seconds back in 3rd place. Danny Delaney who had spent the morning helping to park the cars in the field swapped his wellies for his spikes in the men's race and had a great run to win the masters O/50 section.

Results:

U9 Girls 500m	1 st	Grace McEvoy	Unattached
	2 nd	Leana Coyne	Bohermeen AC
	3 rd	Aine Smith	Carrick Aces AC
	4 th	Tara Hunt	Bohermeen AC
	5 th	Ella Megan	Dunleer AC

	6 th	Saoirse Ryan	Ratoath AC
Teams	1 st	Ratoath AC "A"	21pts
	2 nd	Ratoath AC "B"	43pts
	3 rd	Tara AC	45pts
U9 Boys 500m	1 st	Nathan Robertson	Ace AC
	2 nd	Senan Traynor	Bohermeen AC
	3 rd	Ruairi Finnegan	Rathkenny AC
	4 th	Loughlin Welsh	Dunleer AC
	5 th	Louis Connolly	Ratoath AC
Teams	1 st	Ratoath AC	25pts
	2 nd	Tara AC	29pts
U10 Girls 500m	1 st	Emily Gannon	Ratoath AC
	2 nd	Emma Byrne	Parnell AC
	3 rd	Naiya Semple	Ace AC
	4 th	Nicole Doherty	Ratoath AC
	5 th	Erin Finn	Ratoath AC
	6 th	Magan Lane	Ratoath AC
Teams	1 st	Ratoath AC "A"	10pts

	2 nd	Ratoath AC “B”	34pts
	3 rd	Ace AC	35pts
U10 Boys 500m	1 st	Cormac Green	Dunleer AC
	2 nd	John Hanlon	Dunboyne AC
	3 rd	Finian Mooney	Ratoath AC
	4 th	Eoin Davis	Bohermeen AC
	5 th	Oran Lynch	Ardee & District AC
	6 th	Alex Callan	Ardee & District AC
Teams	1 st	Ardee & District AC	24pts
	2 nd	Mullingar Harriers AC	30pts
U11 Girls 1000m	1 st	Sadie Murphy	St Gerard’s AC
	2 nd	Tiana O’Leary	Mullingar Harriers AC
	3 rd	Olivia Ryan	Ratoath AC
	4 th	Maeve Smith	Carrick Aces AC
	5 th	Molly O’Brien	Bohermeen AC
	6 th	Aisling Shevlin	Ratoath AC
Teams	1 st	Bohermeen AC	26pts
	2 nd	Ratoath AC	27pts
	3 rd	Dunboyne AC	30pts

U11 Boys 1000m

1 st	Conn Brennan	Bohermeen AC
2 nd	Ryan Tinnelly	Ratoath AC
3 rd	George Comeford	Dunboyne AC
4 th	Oliver Lynch	Mullingar Harriers AC
5 th	Liam Mescal	Naas AC
6 th	Sean O'Sullivan	Ratoath AC

Teams

1 st	Ratoath AC	22pts
2 nd	Ace AC	41pts
3 rd	Tara AC	52pts

U12 Girls 1500m

1 st	Shona Lawrence	Ace AC
2 nd	Cara Brennan	Bohermeen AC
3 rd	Aisling Clare	Ratoath AC
4 th	Georgia Moran	Naas AC
5 th	Kallie Larkin	Trim AC
6 th	Lucy Mooney	Ratoath AC

Teams

1 st	Ratoath AC "A"	17pts
2 nd	Ace AC	24pts
3 rd	Naas AC "A"	32pts

U12 Boys 1500m

1 st	Matthew Molloy	Mullingar Harriers AC
2 nd	Luke Greene	Mullingar Harriers AC
3 rd	Lorcan Forde-Dunne	Ace AC
4 th	Oliver Adamiqk	Drogheda & District AC
5 th	Tom Meegan	Dunleer AC
6 th	Conor Giles	Tara AC

Teams

1 st	Mullingar Harriers AC	16pts
2 nd	Ace AC	28pts
3 rd	Tara AC	33pts

U13 Girls 1500m

1 st	Ciara Callaghan	Parnell AC
2 nd	Sophie Finn	Ratoath AC
3 rd	Mary Kate Prior	Ratoath AC
4 th	Dearbhla Allen	St. Peter's AC
5 th	Robyn Larkin	Trim AC
6 th	Orla Manning	Mullingar Harriers AC

Teams

1 st	Ratoath AC	12pts
2 nd	Blackrock AC	37pts
3 rd	Naas AC	47pts

U13 Boys 1800m

1 st	Shane McGrath	St. Andrew's AC
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2 nd	Shea O'Donnell	Ace AC
3 rd	Conor Liston	Mullingar Harriers AC
4 th	Jamie Wallace	Mullingar Harriers AC
5 th	James Kelly	Ratoath AC
6 th	Luke O'Leary	Mullingar Harriers AC

Teams	1 st	Mullingar Harriers AC	13pts
	2 nd	Ratoath AC	27pts

U14 Girls 2000m	1 st	Ferne Duffy	Shercock AC
	2 nd	Edel Murphy	Shercock AC
	3 rd	Caoimhe Kilmurray	Mullingar Harriers AC
	4 th	Amy Jo Kerins	Oriel AC
	5 th	Eve Mooney	Ratoath AC
	6 th	Rebecca Baldwin	Dunleer AC

Teams	1 st	Mullingar Harriers AC	19pts
	2 nd	Ratoath AC	23pts
	3 rd	Bohermeen AC	60pts

U14 Boys 2200m	1 st	Philip McCartan	Mullingar Harriers AC
	2 nd	Paddy Price	Ace AC
	3 rd	Callum Costello	Mullingar Harriers Ac

4 th	Sean Reilly	Blackrock AC
5 th	Conor Sherwin	Mullingar Harriers AC
6 th	Odhran Smith	Carrick Aces AC

Teams	1 st	Mullingar Harriers Ac	9pts
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U15 Girls 2200m	1 st	Hazel Hughes	Shercock AC
	2 nd	Niamh Brady	St. Peter's AC
	3 rd	Sophie Quinn	Ratoath AC
	4 th	Katie Mulchrone	Trim AC
	5 th	Caoimhe Johnson	Naas AC
	6 th	Lucy Byrne	Naas AC

Teams	1 st	Naas AC	19pts
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U15 Boys 2500m	1 st	Ross Killalea	Mullinagr Harriers Ac
	2 nd	Cian Gorhan	St. Peter's AC
	3 rd	Danny Nugent	Ace AC
	4 th	Alex Harrington	Cilles AC
	5 th	Jim Harrington	St. Coca's AC
	6 th	Matthew McEntee	Dunleer AC

Teams	1 st	Tara AC	28pts
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U17 Girls 3000m	1 st	Amy Geoghegan	Mullingar Harriers AC
	2 nd	Phoebe Bate	Mullingar Harriers AC
	3 rd	Ava Costello	Trim AC
	4 th	Maev Killalae	Mullingar Harriers AC
	5 th	Anna Faulkner	Ace AC
	6 th	Kayla Ryan	Dunboyne AC

Teams	1 st	Mullingar Harriers AC	7pts
	2 nd	Trim AC	28pts
	3 rd	Naas AC	30pts

U17 Boys 4500m	1 st	Marcus Clarke	Ratoath AC
	2 nd	Matthew Hayes	Ratoath AC
	3 rd	Seamus Anderson	Trim AC
	4 th	Kyle Witter	Ratoath AC
	5 th	Sean Connaughton	Dunleer AC
	6 th	Ivan Ryan	Star of the Sea AC

Teams	1 st	Ratoath AC	7pts
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Star of the Sea AC Shield 1st		Ratoath AC	66pts
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(For Best Juvenile Club) 2nd Mullingar Harriers AC 64pts

3rd Ace AC 36pts

Ladies 3k Race:

Full Results Ladies 3K									
Finishing Place	Bib	Ind Cat	Name	Club	Time				
1	24	Jun	Holly Brennan	Cilles AC	11.23	1st 6 Overall	1	Holly Brennan	Cilles AC
2	21	Sen	Laura Buckley	Dunboyne AC	11.29		2	Laura Buckley	Dunboyne AC
3	8	Mas	Nicola Welsh	Dunleer AC	11.32		3	Nicola Welsh	Dunleer AC
4	40	Jun	Abbie Sheridan	Ardee & District AC	11.47		4	Abbie Sheridan	Ardee & District AC
5	19	Sen	Aoife Parnella	Star of the Sea AC	11.56		5	Aoife Parnella	Star of the Sea AC
6	31	Sen	Sile Muldowney	Liffey Valley AC	12.08		6	Sile Muldowney	Liffey Valley AC
7	7	Mas	Dearbhla Greene	Dunleer AC	12.13				
8	46	Jun	Clíodhna Nolan	Ace AC	12.19	Junior Ladies	1	Clíodhna Nolan	Ace AC
9	2	Sen	Claire Ni Fhaircheallaigh	Dunboyne AC	12.26		2	Bonnie McFeat	Dunboyne AC
10	71	Jun	Bonnie McFeat	Dunboyne AC	12.35		3	Emma Neary	Na Fianna AC
11	5	Mas	Audrey Gahan	Donore Harriers	12.44				
12	16	Mas	Louise Morgan	Ferrybank AC	12.46				
13	50	Sen	Clíodhna Daly	North East Runners	12.47	1st 3 F40	1	Dearbhla Greene	Dunleer AC
14	26	Mas	Sarah Kearns	Naas AC	13.03		2	Audrey Gahan	Donore Harriers
15	52	Jun	Emma Neary	Na Fianna AC	13.07		3	Louise Morgan	Ferrybank AC
16	6	Mas	Claire Mulligan	Donore Harriers	13.1				
17	23	Sen	Clodagh Dunphy	Dunboyne AC	13.02				
18	36	Jun	Helen Delaney	Dunboyne AC	13.12	1st 3 F50	1	Laura Housley	Balbriggan and District AC
19	33	Sen	Eimear Nic An Bhaird	Liffey Valley AC	13.14		2	Barbara O'Neill	Rathkenny AC
20	41	Sen	Ann Marie Duffy	North East Runners	13.23		3	No Finisher	No Finisher
21	60	Mas	Mary Watters	Navan AC	13.41				
22	32	Sen	Aoife Brady	Liffey Valley AC	13.46	1st 3 F55	1	Mary Watters	Navan AC
23	25	Mas	Bridget Daly	Bohermeen AC	13.5		2	Nuala Reilly	Drogheda & District AC
24	10	Mas	Ingrid Brangor	none	13.57		3	Marion Morris	Bohermeen AC
25	22	Sen	Norma Farrell	Dunboyne AC	13.57				
26	9	Mas	Philomena Finnegan	Rathkenny AC	14.19				
27	55	Mas	Laura Housley	albriggan and District AC	14.23				
28	27	Mas	Nuala Reilly	Drogheda & District AC	14.27	Combined Junior & Senior Team	1	Dunboyne AC	21pts (2,9,10)
29	69	Sen	Michelle Lynch	Ardee & District AC	15.01		2	Liffey Valley AC	47pts (6,19,22)
30	37	Mas	Marion Morris	Bohermeen AC	15.44				
31	14	Mas	Joanne McCauley	Newry AC	16.12				
32	29	Mas	Barbara O'Neill	Rathkenny AC	18.03	Master Team	1	No Complete Team	
							2	No Complete Team	

Men's 6 Race Full Results:

Overall Place	Bib No	Ind Cat	Name	Club	Time			
1	1	Sen	Ciaran McKenna	Star of the Sea AC	20	1st 6 Overall	1	Ciaran McKenna Star of the Sea AC
2	15	Sen	Andrew Connick	Ferrybank AC	20.39			
3	49	Sen	Sean Doran	Clonliffe Harriers	20.56			
4	64	Mas	Stephen Kelly	Drogheda & District AC	21.09			
5	13	Sen	Oisín O Gibne	Ace AC	21.17			
6	65	Mas	Declan Toal	North East Runners	21.3			
7	35	Jun	Jake Cullen	Tara AC	21.33	1st 3 Juniors	1	Jake Cullen Tara AC
8	20	Jun	Danny O'Brien	Dunleer AC	21.45			
9	44	Jun	Donnchadh Hughes	Blackrock AC	22.07			
10	70	Jun	Daniel O'Brien	Lusk AC	22.13	1st 3 M40	1	Keith Wickham Dunshaughlin AC
11	3	Sen	Evan Scully	Dunshaughlin AC	22.42			
12	54	Sen	Sean McDaid	St. Brigids AC	22.47			
13	42	Sen	Fergus Melligan	Dunshaughlin AC	23.18	1st 3 M50	2	Sean Liston Mullingar Harriers
14	45	Sen	Gavin Maher	Dunshaughlin AC	23.41			
15	38	Sen	Fergus Crilly	Rathkenny AC	23.5			
16	56	Jun	Peter Coscoran	Star of the Sea AC	23.58	1st 3 M55	3	James Cashen Mullingar Harriers
17	18	Sen	Denis Cullory	Ferrybank AC	23.58			
18	48	Mas	David O'Connell	Bohermeen AC	24.21			
19	4	Mas	Keith Wickham	Dunshaughlin AC	24.36	Combined Junior & Senior Team	1	Dunshaughlin AC 38pts (11,13,14)
20	39	Jun	Peter McGuinness	Blackrock AC	24.38			
21	34	Jun	Sean Dalton	Tara AC	24.42	Master Team	2	No Complete Teams
22	68	Mas	Gerry Kenny	North East Runners	24.5			
23	59	Mas	Niall Power	Raheny Shamrocks AC	24.58			
24	51	Sen	Paul Hyland	North East Runners	25.04			
25	66	Mas	James Cashen	Mullingar Harriers	25.11			
26	58	Mas	Chris Keeling	Balbriggan and District AC	25.22			
27	61	Mas	Keith Eglinton	Dunboyne AC	25.29			
28	43	Sen	Michael Clarke	North East Runners	25.35			
29	63	Mas	James Gibbons	Tara AC	25.49			
30	17	Mas	Danny Delaney	Star of the Sea AC	26.1			
31	62	Sen	Rory Mulholland	North East Runners	26.2			
32	12	Mas	Edwin Nienhvis	Balbriggan and District AC	26.28			
33	11	Mas	Sean Liston	Mullingar Harriers	26.47			
34	30	Mas	Gerard Tully	Dunshaughlin AC	27.05			
35	28	Mas	Conor Cooney	Drogheda & District AC	30.26			
36	47	Mas	Tommy Sheils	Dunleer AC	30.26			