

# **Flying Start for St. Augustine's College At East Munster Schools Cross Country**

SETU Sports Grounds, Carriganore, was the venue for the East Munster Schools Cross Country, on Friday 3rd February 2023. Mary and Greg Ashe and a number of helpers, set out an excellent course, for the races.

Minor Girls (1500m) was the first race which started at 12.30pm. In the girls races, six on a team with the first three to count. The Friary team got off to a perfect start bringing home the Gold. This team was led home by Isabelle Gaffney, in 4th place, followed by Saoirse Fitzgerald 10th; Ciara Fennell, 12th; Kyla Flavin, 14th; Sarah Hallissey, 18th; Aimee Ryan 19th. An excellent performance with all six of the Friary girls finishing in the top twenty. 94 finished the race.

The Minor boys (2000m) stepped up a gear, with the first three from their team in the top six. In the boys races, there are eight boys on a team with four to count. The Friary first three were packing very well to finish in the first six. The Friary fourth man, Paddy Cotter was in 25th place with less than 500m to go, and with true Cotter grit finished 15th. This was guaranteeing Gold medals for the team. Finishing order from the Friary team; Oisín Whelan, 2nd; Michael O'Grady, 5th; Emmet Walsh, 6th; Paddy Cotter, 15th; Aaron McNamara, 38th; Cayden Scanlan, 40th. 121 Finished the race.

Junior Girls also (2000m). In the early part of the race the Friary girls showed great promise, alas only Aoibheann Ryan and Kate Kelly were able to stay up with the pace, finishing 6th and 7th respectively. Caoimhe Connors finished 57th. Holly Walsh and Grace Whelan- Daly, DNF. Aoibheann and Kate have both qualified for Munster.

Junior boys race (3000m). Noah Commins finishing in second place, led his team to bronze medals. John Fitzgerald, 23rd; Oscar Hall, 24th; Avarind Nair, 30th; Jude Fitzgerald, 45th; Aaron Phelan 51st.

Inter girls race (3000m). Fia de Poar, did the Friary proud with an outstanding run. Fia led the race from start to finish. Sarah O'Riordan 13th; and Lauren Cliffe 15th; this secured the Silver medals for the team. This was a very brave performance from this team.

Senior Girls race (2500m). Grainne Moore representing the Friary finished 7th and qualified for Munster.

Senior Boys race (5000m). Kyle Moloney finished 9th and this was good enough for Kyle to qualify for Munster.

Thanks to Tony Shalloe, he has put fire in the belly of the West Waterford athletes.  
Starting with the Minor Girls: Isabelle Gaffney 4th; Kyla Flavin 14th.  
Minor Boys: Oisín Whelan 2nd. Junior Boys: Noah Commins 2nd  
Inter Girls: Fia de Poar 1st; Sarah O'Riordan 13th; and Lauren Cliffe 15th.  
Senior Girls: Grainne Moore 7th.