

Heavy snow started to fall in Derry just before the start of the girls U12 race at the Woodie's DIY Inter County and All Ireland juvenile cross country championships on Sunday last. It was heavy at times, while underfoot conditions posed no problems for athletes.

There were some excellent performances from Kerry athletes and teams at the well organised Woodie's DIY Cross Country Championships at Gransha Park in Derry. Grace Lynch Iveragh AC was Kerry's leading athlete on the day when she put in a storming performance to finish sixth in the girls U18 four kilometer event and also score on the Munster team which finished in third place.

Cillian O Donovan also Iveragh did likewise when he also finished sixth a year out of age leading the Kerry boys U16 team to bronze medals with David O Keeffe Gneeveguilla also medaling in 12th, David Kavanagh 36th, Andy Quigley Iveragh 44th, Liam O Connell Iveragh 48th and Brian Sugrue Iveragh 76th.

The Kerry boys U12 team medaled again this year when they finished in an excellent second place with Adam O Donoghue An Riocht leading the charge in 11th, Fiachra Clifford Star of the Laune in 15th, Patrick Warren Gneeveguilla in 16th, Michael O Leary Iveragh in 17th, David Kenny Farranfore in 28th and Sean Galvin Lios Tuathail in 59th. Adam, Patrick and Michael were also part of the Munster team which won silver medals.

Another standout performance which may be not have been evident to everybody was the performance of Aaron Quigley Iveragh in the boys U18 six kilometer event where he finished in 19th place a year out of age; the fact that he was a year out of age is a fantastic achievement in its self but the boys U18 event is the strongest age group in the country at the moment with no fewer than nine international athletes ahead of him including European one kilometer champion Mark English and at least four behind him!

Niamh O Sullivan An Riocht who without doubt has been Kerry's best cross country runner in the last number of years finished in an excellent 16th place in the senior womens six kilometer event.

Other athletes to perform well on the day included Kevin O Donoghue An Riocht 53rd U14, Niamh Clifford Star of the Laune 28th U18 and also on the Munster team that finished third and Muireann McKenna Lios Tuathail 73rd U14. Well done to all who braved the elements to travel and compete.

The Kerry Open Indoors are scheduled to go ahead next Sunday December 5th in Nenagh at 11am. The long range weather forecast is predicting the current cold snap to clear on Saturday so hopefully all will go ahead. If the event is cancelled all clubs will be contacted on Saturday evening and an event update will be posted Saturday evening on www.kerryathletics.blogspot.com.

Dates for the Diary-

Dec 4th-Kerry Hammer Squad-An Riocht-11am

Dec 5th-Kerry Indoors-Nenagh-11am

Dec 12th-Kerry Distance Squad-An Riocht-12pm

Dec 12th-Munster Masters & Juvenile Multi events-Nenagh

Dec 19th-AAI Novice & Juvenile Uneven Age Cross Country Championships-Tullamore