



2015 Blackrock Cross Country

Date: 1st February 2015

The annual Blackrock AC Cross Country took place on Sunday last 1st February. On a beautiful but chilly day 6 hardy young athletes toed the line for Dundalk St Gerard's AC. Lining up on the day were Grainne Moran in the U9 girls 500, debutante Lorcan Garvin who alongside Hayden Mulholland took part in the U9 boys 500m, Ciara Cunningham in the U11 girls 1000m, Caitlin Mulholland and Kate Smyth in the U17 girls 2500m.

First up was the very talented Grainne in the U9 girl's event. Possessing a good blend of speed and stamina Grainne was always going to be a contender for the medals. From the gun she hit the front and made every post a winning one leading the field home to record a brilliant win and getting the club off to a great start. Lorcan and Hayden were next up in the boys decider with the former having his first competitive outing. Both boys paced themselves well with Lorcan belying his inexperience running a sensible race. Lorcan showed an impressive turn of foot to finish strongly into 8th with Hayden just 2 places back. In the U11 girls 1000m speedy sprinter Ciara Cunningham moved up in age and distance to take on the older girls. After a strong start to the race she found her reserves of stamina stretched but still rallied well to finish in mid division.

Caitlin & Kate both kept up the good work in the girls U17 decider. Running strongly all the way Caitlin made her move after the first lap to take the lead which she stretched all the way to the finish to record an excellent victory and a winning start to 2015. Kate who is showing much improved form in training ran an excellent race also, flying at the finish to make up a large amount of ground to finish 4th just 2metres off 3rd place.

This was a great introduction to the New Year for these young athletes and is testament to all the good work being put in by them and their coaches.

Training continues every Thursday at De La Salle secondary school hall at 6:30pm. New members welcome.

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