

CROSS COUNTRY RESULTS: The National Juvenile Uneven Ages Cross Country Championships took place on December 11th at the Curragh Camp in Co Kildare. Louis Ryle ran well as part of the victorious Munster team in a very competitive boys U15 3500m. David Kavanagh recovered from his recent injury to put in a great performance and finished 18th in the boys U17 5km. David was the third Munster athlete home and helped his province to win the bronze medals. Both athletes have had a terrific cross country season to date.

TRAINING: Please contact the coaches for details of training sessions over the Christmas period.

CHRISTMAS WISHES: We would like to wish all of the athletes, coaches and their families a very happy and peaceful Christmas. We look forward to seeing you all in action again in 2012.