

**RESULTS:** The Cross Country season is in full flow at present and last Sunday week the Munster Even Age Cross Country took place in Newmarket-on-Fergus in Co Clare. Conor O'Mahony, running out of age in the U18 race, was our sole competitor. He ran well over a very hilly and muddy 6km course in atrocious weather conditions to finish a very creditable 9th. He now goes forward to represent Munster at the National finals in Sligo at the end of November. Next up are the Kerry County Senior/ Junior and Juvenile Relays Cross Country in Feries on November 6<sup>th</sup>.

**TRAINING:** Winter training for the moment is for ages U12 and upwards. Training times are 7pm on Tuesday nights in the Green School and 7pm on Thursday nights under lights at the ITT. For all other sessions please contact the coaches.

**AWARDS NIGHT:** Our annual awards night has been fixed for Friday 11<sup>th</sup> November in the Manor West Hotel at 8pm. It promises to be an entertaining night which acknowledges the achievements of our athletes over the past twelve months. Tickets are available at training sessions or from the usual sources. Tickets are priced at €25 for adults and €15 for juveniles. Please note that tickets must be pre-purchased and will not be available on the night. For enquiries, contact Caroline on 087 6817810.