

Laois Novice Road Race Championships

Hosted by: Oughaval A.C, along with Junior parkrun

Venue – Vicarstown.

Sunday 26th January 2025, Novice Championships @ 11:45am

NOVICE LADIES

Finishing place	Race Number	First Name	Last Name	Club Name	Time
1	147	Della	McLoughlin	Oughaval A.C.	00:16:35
2	163	Sarah	Fleming	St. Abbans A.C.	00:17:20
3	137	Rebecca	Condell	Ballyroan Abbeyleix & District A.C.	00:17:38
4	158	Caitriona	Fogarty	Portlaoise A.C.	00:17:45
5	165	Karen	Kavanagh	St. Abbans A.C.	00:18:08
6	136	Liz	McWey	Ballyroan Abbeyleix & District A.C.	00:18:14
7	162	Ilona	Baczynska	St Michaels A.C.	00:18:29
8	153	Rebecca	Marshall	Portlaoise A.C.	00:18:35
9	142	Deirdre	Miller	Oughaval A.C.	00:18:44
10	154	Anna	Duggan	Portlaoise A.C.	00:18:51
11	167	Audrey	Byrne	St. Abbans A.C.	00:19:07
12	144	Laura	Kealy	Oughaval A.C.	00:19:31
13	148	Catherine	Stapleton	Oughaval A.C.	00:19:37
14	161	Claire	Carroll	St Michaels A.C.	00:19:41
15	159	Lucy	Dunne	Portlaoise A.C.	00:19:49
16	166	Ethna	Sourke	St. Abbans A.C.	00:19:53
17	157	Noreen	Daly	Portlaoise A.C.	00:19:59
18	160	Karen	Tooher	St Michaels A.C.	00:20:40
19	141	Grainne	O Connor	Oughaval A.C.	00:20:43
20	149	Aisling	Roberts	Portlaoise A.C.	00:20:46
21	150	Linda	Reilly	Portlaoise A.C.	00:20:48
22	139	Caoimhe	Kenny	Ballyroan Abbeyleix & District A.C.	00:20:51
23	140	Liz	O'Reilly	Oughaval A.C.	00:21:00
24	152	Gohar	Kostanyan	Portlaoise A.C.	00:21:01
25	155	Lynn	O'Callaghan	Portlaoise A.C.	00:21:04
26	164	Amy	Burtenshaw	St. Abbans A.C.	00:21:12
27	138	Mairead	Sinnott	Ballyroan Abbeyleix & District A.C.	00:21:57
28	156	Camilla	Robino	Portlaoise A.C.	00:23:11

TEAM RESULTS

St Abbans AC - Winners

2	163	Sarah	Fleming	St. Abbans A.C.
5	165	Karen	Kavanagh	St. Abbans A.C.
11	167	Audrey	Byrne	St. Abbans A.C.
16	166	Ethna	Sourke	St. Abbans A.C.

34 points

Oughaval AC - second

1	147	Della	McLoughlin	Oughaval A.C.
9	142	Deirdre	Miller	Oughaval A.C.
12	144	Laura	Kealy	Oughaval A.C.
13	148	Catherine	Stapleton	Oughaval A.C.

35 points

Portlaoise AC - third

4	158	Caitriona	Fogarty	Portlaoise A.C.
8	153	Rebecca	Marshall	Portlaoise A.C.
10	154	Anna	Duggan	Portlaoise A.C.
15	159	Lucy	Dunne	Portlaoise A.C.

37 points

Ballyroan Abbeyleix and District - 4th

3	137	Rebecca	Condell	Ballyroan Abbeyleix & District A.C.
6	136	Liz	McWey	Ballyroan Abbeyleix & District A.C.
22	139	Caoimhe	Kenny	Ballyroan Abbeyleix & District A.C.
27	138	Mairead	Sinnott	Ballyroan Abbeyleix & District A.C.

58 points

Portlaoise B - 5th

17	157	Noreen	Daly	Portlaoise A.C.
20	149	Aisling	Roberts	Portlaoise A.C.
21	150	Linda	Reilly	Portlaoise A.C.
24	152	Gohar	Kostanyan	Portlaoise A.C.

NOVICE MEN

Time	Finishing place	Race Number	First Name	Last Name	Club Name
00:21:13	1	210	Tom	Kenny	St. Abbans A.C.
00:21:20	2	182	Dan	McLoughlin	Oughaval A.C.
00:21:25	3	168	William	Kerr	Ballyroan Abbeyleix & District A.C.
00:21:57	4	199	Patrick	Dunne	St. Abbans A.C.
00:22:04	5	174	Kristian	Redmond	Oughaval A.C.
00:22:43	6	179	Brian	Hogan	Oughaval A.C.
00:22:49	7	202	Pj	Leonard	St. Abbans A.C.
00:22:53	8	181	Paddy	McLoughlin	Oughaval A.C.
00:22:56	9	211	William	Kelly	St. Abbans A.C.
00:23:03	10	170	John	Troy	Ballyroan Abbeyleix & District A.C.
00:23:11	11	177	Colin	Fennin	Oughaval A.C.
00:23:19	12	205	John	Sourke	St. Abbans A.C.
00:23:44	13	189	Keith	O Shea	Portlaoise A.C.
00:23:51	14	188	Nikolas	De Giorgis	Portlaoise A.C.
00:23:56	15	198	Liam	Byrne	St. Abbans A.C.
00:24:05	16	203	Thomas	Fitzgerald	St. Abbans A.C.
00:24:08	17	187	William	Goodwin	Portlaoise A.C.
00:24:16	18	171	Alexander	Caraffi	Ballyroan Abbeyleix & District A.C.
00:24:36	19	183	Joseph	Fitzpatrick	Oughaval A.C.
00:24:40	20	209	Neil	Murtagh	St. Abbans A.C.
00:25:02	21	178	Michael	Booth	Oughaval A.C.
00:25:38	22	180	Cormac	Deegan	Oughaval A.C.
00:25:49	23	172	Ciaran	Freil	Ballyroan Abbeyleix & District A.C.
00:26:09	24	192	Seamus	McCoubrey	St Michaels A.C.
00:26:23	25	186	Barra	Ó Nualláin	Oughaval A.C.
00:26:43	26	176	John F	Boland	Oughaval A.C.
00:26:53	27	197	Francis	Fleming	St. Abbans A.C.
00:26:54	28	200	James	Noaln	St. Abbans A.C.
00:26:59	29	191	John	McMahon	Portlaoise A.C.
00:27:59	30	184	Ruairi	Jago	Oughaval A.C.
00:28:18	31	204	Cormac	Fleming	St. Abbans A.C.
00:28:51	32	206	Seán	Sourke	St. Abbans A.C.
00:29:10	33	169	Alan	Fox	Ballyroan Abbeyleix & District A.C.
00:29:28	34	173	Paul	Tynan	Oughaval A.C.
00:29:58	35	185	Philip	Carroll	Oughaval A.C.

TEAM RESULTS

Oughaval AC - winners

2	182	Dan	McLoughlin	Oughaval A.C.
5	174	Kristian	Redmond	Oughaval A.C.
6	179	Brian	Hogan	Oughaval A.C.
8	181	Paddy	McLoughlin	Oughaval A.C.

21 points

St Abbans AC - second place

1	210	Tom	Kenny	St. Abbans A.C.
4	199	Patrick	Dunne	St. Abbans A.C.
7	202	Pj	Leonard	St. Abbans A.C.
9	211	William	Kelly	St. Abbans A.C.

21 points

Ballyroan Abbeyleix and District - third place

3	168	William	Kerr	Ballyroan Abbeyleix & District A.C.
10	170	John	Troy	Ballyroan Abbeyleix & District A.C.
18	171	Alexander	Caraffi	Ballyroan Abbeyleix & District A.C.
23	172	Ciaran	Freil	Ballyroan Abbeyleix & District A.C.

54 points

St Abbans B Team - 4th

12	205	John	Sourke	St. Abbans A.C.
15	198	Liam	Byrne	St. Abbans A.C.
16	203	Thomas	Fitzgerald	St. Abbans A.C.
20	209	Neil	Murtagh	St. Abbans A.C.

63 points

Oughaval B Team - 5th

11	177	Colin	Fennin	Oughaval A.C.
19	183	Joseph	Fitzpatrick	Oughaval A.C.
21	178	Michael	Booth	Oughaval A.C.
22	180	Cormac	Deegan	Oughaval A.C.

73 points

Portlaoise AC - 6th

13	189	Keith	O Shea	Portlaoise A.C.
14	188	Nikolas	De Giorgis	Portlaoise A.C.
17	187	William	Goodwin	Portlaoise A.C.
29	191	John	McMahon	Portlaoise A.C.

73 points

Oughaval C Team - 6th

25	186	Barra	Ó Nualláin	Oughaval A.C.
26	176	John F	Boland	Oughaval A.C.
30	184	Ruairi	Jago	Oughaval A.C.
34	173	Paul	Tynan	Oughaval A.C.

115 points

St Abbans C Team - 7th

27	197	Francis	Fleming	St. Abbans A.C.
28	200	James	Noaln	St. Abbans A.C.
31	204	Cormac	Fleming	St. Abbans A.C.
32	206	Seán	Sourke	St. Abbans A.C.

118 points

Laois Novice Road Race Championships

Hosted by: Oughaval A.C, along with Junior parkrun

Venue – Vicarstown.

Sunday 26th January 2025, Novice Championships @ 11:45am

Junior parkrun @11:00am.

This year the Juvenile program on the day of the Novice Road Race will be incorporated into the Vicarstown Junior parkrun.

Junior parkrun is a 2k free timed event for juniors only (4-14 year olds), which is held every Sunday at 11am in Vicarstown Stradbally, Portlaoise, Co. Laois.

We encourage all athletes to register for this event online.

If your child is not already registered for parkrun, go to www.parkrun.ie, choose "register", register (using Vicarstown or Vicarstown juniors) as the "home run", and add in your athletic club name.

All Laois Athletic Clubs are on the drop down list.

Print off the new barcode, there are 6 copies on the A4 sheet, and cut-out and bring one to the event.

This unique bar code can be used on all future adult and junior parkruns, anywhere in Ireland or around the world.

Any queries for Vicarstown Junior parkrun please email John Scully at john.scully@openeir.ie

The Junior parkrun will start at 11am sharp, all athletes to be at the start line for **10.45am**.

COUNTY CHAMPIONSHIP RACE

ADULT REGISTRATION ONLINE

Adults Registration €10

11.45am Novice Ladies 3000m 1st 2nd 3rd & 3 Teams (4 to score for team)

12.15pm Novice Men 6000m 1st 2nd 3rd & 3 Teams (4 to score for team)

Entry only: All entries for Adult races must be entered through the online entry system.

Entry link: <https://www.itsplainsailing.com/org/la/events>

PLEASE NOTE:

- Novice athletes must be aged 18 years or over on the 31st December in the year of competition.
- All athletes must be AAI registered and must wear a Race Number.

Best of luck to all Athletes!