

# Galway City Harriers Newsletter

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[www.galwaycityharriers.com](http://www.galwaycityharriers.com)

## Cross-Country Distances

Age Group	Girls	Boys
U10 county only	500m	500m
U11	800m	800m
U12	1000m	1000m
U13	1000m	1200m
U14	1200m	1500m
U15	1500m	2000m
U16	2000m	3000m
U17	2000m	4000m
U18	3000m	5000m
U19	3500m	6000m
Junior	3500m	5000m
Senior	3000m	8000m
Novice	2000m	4000m
Masters	2000m	4000m

## Fixtures 2008

28-Sep	Loughrea road race 2pm
30-Sep	National schools X-country Renmore 12pm
05-Oct	U10/12/14/16/18 Galway cross-country Dangan 1pm
11-Oct	Connaught National schools cross-country Hazelwood Sligo1.30pm
19-Oct	U11/13/15/17/19 Galway cross-country Tuam 1pm
26-Oct	U12/14/16/18 Connaught cross-country Swinford 1pm
09-Nov	U11/13/15/17/19 Connaught cross-country Boyle1pm
23-Nov	U12/14/16/18 All-Ireland cross-country 12 pm Venue TBC
07-Dec	U11/13/15/17/19 all-Ireland cross-country 12pm venue TBC
03-Jan	Galway indoors Nenagh to be confirmed

## Cross-Country Season.

The first club competition of the season will be held on Sunday 5<sup>th</sup> October starting at 1pm sharp. The competition should be finished by 2pm or thereabouts. 8 & 9 year olds can run the under 10 competition. The first 10 athletes to finish will get medals. Any non registered athletes that want to run in competition must become members of the club to compete. Teams will be entered by the end of September some can anybody that is interested in competing please contact P.J. Coyle.

The Galway Primary schools cross-country will be held in Renmore on Tuesday 30<sup>th</sup> September starting at 12pm. There are races for 3<sup>rd</sup>/4<sup>th</sup> class & 5<sup>th</sup>/6<sup>th</sup> class for both boys & girls If your school needs information you can find it on the Galway City Hrs website; [galwaycityharriers.com](http://galwaycityharriers.com). The entry form is included in the information.

## 2007-2008 Season.

Overall the club had a great season. Overall the club had it's best season ever especially on the track both indoor & outdoor. This report only covers the National Championships. However the club dominated the Galway and Connaught competitions.

Colm Hughes was the star of the cross-country season winning the boys under 12 national title in great style in the Curragh. Besides the individual gold he also picked up silver & bronze teams medals for the county & region in the Curragh & regional gold medals in Dungarvan. Roisin Dobey also picked up a county team medal at the Curragh. There is a nice action photograph of Colm on the GCH website.

G.C.H won a total of seven medals at the National Juvenile indoors in Nenagh, 5 Gold, and 1 Silver & 1 Bronze. We also had five 4<sup>th</sup> place finishers.

Our first medal was won by our flying young Milltown sprinter Laura Ann Costello in the under 12 girls 60m.

She won her heat & was just edged out into 2<sup>nd</sup> place in an exciting final.

Eanna O'Cathain from Carraroe won Gold in the under 18 boys shot. Eanna has been a prolific medal winner over the past couple of years.

Colm Hughes defended his 600m brilliantly in the under 13 age group Aedin Esslemont won a very much deserved bronze in the under 18 girls 200m.

The Club had 12 relay team qualify for the All-Irelands. Seven of them got to the final and 3 teams won Gold & 4 teams finished 4<sup>th</sup>.

The under 13 boys teams consisting of Simon O'Shaughnessy, Tomas Donovan, Colm Hughes, Keegan Kelly & Harley Kelly won their final impressively.

Our under 17 girls were expected to win their event and they duly obliged. Leona McGuire, Amy Rohan, Rachel Allen & Rachel Shaw combined very well together. Our under 18 girls defended the title they won in 2007 although the personnel changed somewhat. The team consisted of Aedin Esslemont, Rebecca Nolan, Leona McGuire, Rachel Shaw and Rachel Allen.

Our under 14 boys, under 15 boys, under 15 girls and under 17 boys all made their finals. They all finished just out of the medals in 4<sup>th</sup> place.

The first summer competition was the under 10, under 11 & under 12 team competition. The all-Irelands were held in Tullamore. David Carter and John Maher won Gold medals in the under 11 boys 600m. Liam Costello and Bronson Kelly won bronze medals in the under 10 boys 300m. Luke O'Shaughnessy and Liam Costello won bronze in the under 10 boys 60m. Laura Ann Costello and Maebh Brannigan finished 4<sup>th</sup> in both the 80m and 600m under 12 girls.

There were also many other fine performances that made finals but did not quite win medals.

### All-Ireland T&F U13-U19

Galway City Harriers was well represented at the National juvenile track & field Championships in Antrim on 5<sup>th</sup> & 6<sup>th</sup> July. The athletes braved the wet and windy weather to put in some excellent performances. The Athletes came home with nine medals in all, 4 Gold, 1 Silver and 4 Bronze.

Simon O'Shaughnessy won an exciting under 13 boys 80m final in a time of 10.45 seconds beating Mark Varley from Doonon by .01 of a second. He also finished 5<sup>th</sup> in the long jump. Simon O'Callaghan was a double medal winner, taking Gold in the under 16 boys 100m hurdles 15.1 secs and bronze in the long jump with 5.73m. Rebecca Nolan crowned a great week of medal winning performances; she won Gold in the Tailteann Games 400m hurdles and Silver in the Irish junior 400m hurdles the previous weekend by winning the under 17 girls 300m hurdles in 45.42 secs and finishing 3<sup>rd</sup> in the 100m hurdles in 16.4 secs.

Evan McGuire improved on his silver medal in 2007 by winning Gold in the under 14 boys javelin with a great last throw of 34.89m. He also finished 5<sup>th</sup> in the 75m hurdles. Eanna O'Cathain won Silver in the under 18 boys Shot Put with 14.00m. Aedin Esslemont continued her good form by winning bronze in the under 18 girls 100m in 12.64secs. Colm Hughes ran a brave race in the under 13 boys 600m. The lead changed hands five or six times throughout the race with the first three athletes home breaking their personal best by nearly three seconds & in the process rewriting the Irish record books. Colm finished a gallant 3<sup>rd</sup> in 1m 38.98 seconds,

There were other excellent performances that just missed medals. Alan Campbell was 4<sup>th</sup> in both the under 17 boys long jump & 400m. Leona McGuire was 4<sup>th</sup> in the under 17 girls 100m. Gary Cooney was 5<sup>th</sup> in the under 14 boys long jump, Kevin Dooley 5<sup>th</sup> in the under 15 boys triple jump and Sean Kyne 8<sup>th</sup> in the under 15 boys 250m hurdles.

On conditions in Tullamore on the 13<sup>th</sup> July were much more benign and there was even a hint of summer. Eanna O'Cathain added a Gold in the under 18 boys discus to his silver of the previous winning with a throw of 43.37 metres. Aedin Esslemont collected her 2<sup>nd</sup> bronze medal of the championships finishing 3<sup>rd</sup> in the under 18 girls 200m in a time of 26.00secs, missing out on a silver medal by .01 of a second.

Ben Cooney ran a great 200m finishing 4<sup>th</sup> in the under 15 boys age group. Leona McGuire continued her good form into the 2<sup>nd</sup> weekend finishing 5<sup>th</sup> in the under 17 girls 200m

Galway City Hrs juveniles had another great day on the track in Tullamore last Sunday winning 7 medals at the National juvenile relays, 4 gold, 1 silver & 2 bronze.

The under 18 girls 4x300m team of Aedin Esslemont, Irene Gorman, Leona McGuire and Rebecca Nolan were impressive winners. The under 13 girls 4x100m team dead heated with Tir Connail with Alanna Lally just getting up on the line. The team consisted of Rosin Dobey, Laura Ann Costello, Adele Cadogan, Alana Lally and Meabh Brannigan.

Next up on the medal podium was the under 15 girls 4x100m that won bronze. The team members were Nicola Conlon, Georgina Healy, Ruth O'Sullivan and Deirdre Lally. The under 17 girls team of Leona McGuire, Rachel Allen, Roisin Lally and Amy Rohan won bronze in their age group. The under 19 girls 4x100m team consisting of Caoimhe Daniels, Rebecca Nolan, Irene Gorman and Aedin Esslemont won silver,

The under 16 boys team were the next gold medal winners. Shane Maloney, Ben Cooney, Ruairi Coyle and Simon Callaghan were very impressive winners.

### Training Sessions

Training times are as follows;

Sundays

10.30am-12.00pm. 7 year olds and upwards

Wednesdays

7.00pm-8.30pm 10 year olds and upwards

Fridays

7.00pm-8.30pm 9 year olds and upwards.

**The cost of each session is €2.**

Athletes should arrive at training between 5-10 minutes before the advertised starting time.

**We would appreciate if parents would arrive no later than 8.15pm to collect the children at the track rather than waiting at the car park. Under no circumstances should children wait at the entrance on the Moycullen road for collection.**

### Age Groups for 2008 as follows:

Born 2000=Under 9, Born 1999= Under10, Born 1998= Under 11, Born 1997= Under 12, Born 1996= Under13, Born 1995= Under 14, Born 1994= Under 15, Born 1993= Under 16, Born 1992= under 17, Born 1991= Under 18, Born1990= Under 19, Born 1989= Under 20(Junior) Born 1988 or earlier= senior

### Club Membership

The membership year is from 1<sup>st</sup> Jan-31<sup>st</sup> Dec. The following are the fees:

1<sup>st</sup> family member 30 euros, additional family members €20. **Membership for 2008 is now due.**

If any parent has any queries please contact the Club Secretary P.J. Coyle at 526192 or Oliver Geraghty at 764292 or Pauline Harrington 798918 or ask any of the coaches for more information.

**All athletes that train with the club must fill in a membership form and pay the membership fee. This is to ensure that everybody is covered by insurance. A copy of a birth cert is required with the membership form.**

The under 18 girls having won the first gold of the day, had the final say winning a great gold in the under 18 girls 4x100m. Again Irene Gorman, Rebecca Nolan, Aedin Esslemont, Leona McGuire and Rachel Allen.

There were also 4<sup>th</sup> places for the under 13 boys, under 14 girls and the under 17 boys 4x100m & 4x300m. The under 15 boys finished 6<sup>th</sup> and the under 16 girls finished 5<sup>th</sup>.

Simon Callaghan, Rebecca Nolan and Aedin Esslemont have been selected to represent Ireland in the Celtic Games in Scotland.