

Galway City Harriers Newsletter

Volume 13, Issue 3
January 2009

www.galwaycityharriers.com

Fixtures 2009

- 18-Jan AAI Juvenile combined events Nenagh
24-Jan AAI Junior Indoors Nenagh
25-Jan AAI Games Nenagh
25-Jan AAI Juvenile B Cross-country & inter county relays Boyle
01-Feb Connaught School'ss Cross-country Dangan/Boyle TBC
7/8 Feb AAI Senior indoors Belfast
14/15 Feb University Indoors
15-Feb AAI Intermediate Cross-country Santry
01-Mar AAI senior Cross-Country Santry
07-Mar All-Ireland Schools x-country
08-Mar Connaught Indoors Day 1 Nenagh U12-U14
14-Mar Connaught Indoors Day 2 Nenagh U15-U19
28/2 Mar All-Ireland indoors day 1 & 2 Nenagh
4/5 Apr All-Ireland indoors day 3 & 4 Magherfelt Derry
02-May Galway School's T&F
16-May Connaught School's T&F
30-May All-Ireland School's T&F Tullamore
06-Jun Connaught U9-U11 Team competition Athlone
13-Jun Connaught T&F U12-U15 Athlone
20-Jun Connaught T&F U16-U19 & Senior Athlone
27-Jun Tailteann Games Tullamore
27-Jun AAI Juvenile team Competition, Templemore
11/12 July Juvenile All-Ireland T&F Tullamore
18-Jul International School's T&f Antrim
18/19 July Juvenile All-Ireland T&F Tullamore
25-Jul Juvenile All-Ireland combined events Tullamore
26-Jul Juvenile All-Ireland B T&F & inter county relays Tullamore
01-Aug Celtic Games
08-Aug Streets of Galway 8k

Bag Packing.

Our annual bag-packing event in Dunnes, Westside raised €2,510. Thanks to all the athletes & parents that helped with the collection. These funds will go towards purchasing equipment that will aid with the coaching of our athletes. Thanks particularly to Michelle Maher who put the list of volunteers and Maire Maher who also helped with the organising of the event. We were down quite a lot from last year when €2,935 aprox was raised. Dunnes seemed much quieter than last year.

Club Disco

The GCH club disco for juvenile athletes will take place on Friday 23rd January. There will be no indoor training on 23rd.

The disco is free & finger food will be served. So make sure you bring your dancing shoes & lots of energy.

All-Ireland Cross-Country.

The 2008 cross-country season was one of the most successful for years for Galway City Harriers. In total our juvenile athletes won 27 All-Ireland medals this winter.

26 of the medals were won in Ballyhaise, County Cavan on 7th December. Conditions on the day were very testing.

The course had been frozen in places after heavy frost & the parts that thawed out were very mucky. On top of that the course was very testing with a couple of hills.

he Galway City Harriers Juveniles even went one or two better in Ballyhaise.

Colm Hughes ran the race of his life to win the under 13 boys race in great style. Colm won the under 12 race in 2007. He ran a very clever race tracking the leaders & the making a break with 300 metres to go. He finished 10 metres clear & was very impressive. Colm also won a bronze medal with the Connaught team.

Alanna Lally also had her best race ever to finish 2nd in the under 13 girls race. Alanna finished 72nd last year in her age group so she has shown fantastic improvement. She had a tremendous sprint finish & ran away from a group of six athletes in the last 50 metres. She led the team to 2nd place in the club competition & Galway to 2nd place in the County competition. The under 13 girls team members were Alanna Lally, Maebh Brannigan, Roisin Dobey, Katie Carter, Laura Ann Costello & Sorcha Minihan..

Alanna, Maebh and Rosin were also scorers on the Galway team that won silver medals.

Not to be outdone the GCH under 11 boys also finished 2nd Club behind Mullingar Harriers. John Maher finished in 5th place to win an individual medal.. The team was John Maher, Liam Costello, Bronson Kelly, David Carter, Fiachra O'Clochain & Luke O'Shaughnessy.

John, Liam, Bronson, David & Fiachra also scored on the Galway team that won the County competition & John scored on the Connaught team for good measure.

Nicola O'Ceallaigh finished a very creditable 12th in the under 19 girls race.

Maebh Brannigan also won a medal with the Connaught team in the under 12 All-Ireland in Tramore.

The club also had competitors in the U11 girls, U13 boys, U15 Girls, U15 boys and U17 boys.

All-Ireland Cross-country continued....

There is a lot of talent in the club and more athletes should compete in cross-country. Training for cross-country increases and athletes strength & stamina and lays the foundation for a good track season. The coaches did a great job this winter. Belinda Hanahoe, Oliver Geraghty, Eamonn O'Donnell, David O'Shaughnessy and Kieran Whyte take a bow.

County Indoors.

The club had a good turn out of athletes in Nenagh on Saturday 3rd March. The timing of the event is a little problematic as it falls during the Christmas holidays. The county indoors is a nice introduction for new members into competition and indeed in 2009 we had a number of new athletes that enjoyed success. These included Saoirse & Roisin Flynn, Catherine Connaire, Cillian Greene, Gavin Farrell, Liam Brannigan, Niall Hanahoe and Barry Goldrick. All our stars as usual did very well but the list is too long to print here. The results are up on www.galwayathletics.com & should also be up on www.galwaycityharriers.com. The Newsletter will also be there by Monday.

Club Membership

The membership year is from 1st Jan-31st Dec. The following are the fees:
1st family member 30 euros, additional family members €20. **Membership for 2009 is now due.**

Any athlete that joined the club between September & the end of 2008 & paid the membership fee do not have to pay the membership fee again for 2009.

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.

Secondary Schools cross-country.

Because of the supervision problems in secondary schools at the moment there will be no Galway schools cross-country. All Galway athletes will go direct into the Connaught's, which is currently planned for Sunday February 1st either in Dangan or Boyle. This may change, as there will be a meeting next week to discuss the fixtures.

Bus Travel

The take up of places on buses that the club organises has been very poor over the last year. Each bus costs on average €550. There have been occasions when we might have 30+ athletes travelling to an event & only 10-15 travel by bus. We cannot continue with this situation. We need the parents & athletes to support the bus otherwise we will have to stop this service.

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 5-10minutes 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 2009 as follows:

Born 2001=Under 9, Born 2000= Under10, Born 1999= Under 11, Born 1998= Under 12, Born 1997= Under13, Born 1996= Under 14, Born 1995= Under 15, Born 1994= Under 16, Born 1993= under 17, Born 1992= Under 18, Born1991= Under 19, Born 1990= Under 20(Junior) Born 1988 or earlier= senior

Indoor Training

Indoor training(Friday nights) for the 8-11 year olds will continue in the Pavillion , in Dangan until the middle of March. Training commences at 7.pm & lasts until 8.15-8.20pm. This will continue until the end of March. Cost is same as outdoor training €2. To find the pavilion go past the track entrance & turn left into a parking area. Please make sure that the hall is left clean after training.

Due to the number of children attending training the club requires additional coaches.

The club would welcome any parent that would be interested in helping out on an occasional basis or would like to get involved in coaching on a regular basis. The club will cover the cost of attending a coaching course. Just make any of the coaches aware of your interest.