

# Galway City Harriers Newsletter

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March 2010

## Connaught Indoors.

Galway City Harriers Juveniles dominated the first day of the Connaught Indoor Track & Field Championships held in Nenagh on 14th February. The Club won 24 Gold, 23 silver & 15 bronze medals. There were many fine performances throughout the day with quite a few double gold medal winners.

Leona McGuire had a double in the under 19 girls 60m & 200m with Ronan Coyle winning the under 19 60m. In the under 18 age group Tara Hession had fine wins in the 200m & 300m. Amy Rohan won the 60m & was 2nd in the 200m. Emma Carter finished 2nd in the 60m & 3rd in the 300m. Ronan Kelly dominated the under 18 boys sprints winning the 60m & 200m & finishing 2nd in the long jump. Simon Callaghan won the long & finished 2nd in the 60m. Keith Fallon won the 400m & 800m. Shane Maloney won silver in both the 400m & bronze in the 200m. Ruairi Coyle won bronze in the 400m & John Gillane won bronze in the 800m.

In the under 17 girls sprints Georgina Healy won bronze in both the 60m & 200m. Michelle Maher won silver in both the 800m & 1500m. Ronan Dobey had a great double in the under 17 boys sprints winning the 60m & 200m & leading a GCH 1,2,3 in the 60m & 1,2,3,4 in the 200m. Ben Cooney finished 2nd in both the 60m & 200m with Daragh Whyte 3rd in the 60m & Sean Kyne 3rd in the 200m. Shane Fahey was 2nd in the 800m, with Anthony Hebron 3rd. Adrian Hardiman won bronze in the 1500m. & Kevin Dooley finished 2nd in the long jump.

In the under 16 girls Jane Lydon won bronze in the 60m. Evan McGuire had another double gold performance winning the 60m & 200m. Gary Cooney won the long jump & finished 2nd in the 60m.

In the under 15 girls competition Alanna Lally had an unusual double winning the 60m & 800m. Katie Carter won bronze in the 800m. Simon O'Shaughnessy won the under 15 boys 60m & Oisín Cunningham won bronze in the long jump.

In the under 14 age group Laura Ann Costello won the 60m & Maebh Brannigan won the 800m. Ronan Esslemont won silver in the boys under 14 long jump & Keegan Kelly finished 3rd in the 800m.

Fiachra O'Coilain won the under 13 boys 600m & finished 3rd in the long jump. Cillin Greene finished 2nd in the long jump & 3rd in the 60m. John Maher was 2nd in the 600m.

Sinead Miniham won bronze in the girls 60m In the under 12 girls 60m Emma Connolly won bronze. Jack Dempsey won gold in the under 12 boys 60m with Sean Kilmartin 2nd. Paraic Commins won the under 12 boys 600m from Liam Costello.

## All-Ireland Cross-country rerun Lough Key Forest Park 21<sup>st</sup> February

Alanna Lally won the national under 15 girls cross-country title in Lough Key Forest Park. She is now the proud holder of both the under 14 & under 15 National titles. Alanna had a busy time in the last ten days capturing the Connacht secondary school's cross-country minor title, the Connacht indoor 60m & 800m titles & the U15 all-Ireland title. She also led the Connaught team to silver medals on Sunday.

Keegan Kelly also ran in the Under 13 boy's race at the All-Ireland cross-country rerun, having a great run to finish 16th and scoring on both the Connaught & Galway bronze medal winning teams.

Alanna also got Tribune Sports Star of the week for her great performance.

## The Connaught Indoors 2<sup>nd</sup> High jump, hurdles & relays on Saturday March 20th in Nenagh.

Bus will leave Dangan at 8.00am sharp. Collecting at Headford Rd bus stop opposite Dunnes stores 8.10am & Orammore Community Centre 8.20am. €10 per person & family of 3 or more €25.

The relays, high jumps & hurdles start at 11.00am. Athletes not travelling by bus should be in Nenagh by 10.00am Numbers used on day one still valid for high jump & hurdles.

## Coach education.

An assistant coach course will be held in Dangan on Saturday 17<sup>th</sup> April. The club is looking for 10-15 volunteers to take the course. GCH will pay the cost of the course. This course is being put on for GCH. Please contact P.J. Coyle as soon as possible.

Galway City Harriers had 3 athletes competing in the National Juvenile Indoor Multi Events in Nenagh on Saturday 30th January and came home with a 2nd place, a 3rd place & a 4th place.

Laura Ann Costello was competing in her first Multi event competition and finished a very creditable 3rd to claim the bronze medal in the under 14 girls competition..

She was fastest in the 60m hurdles running 9.9secs, 2nd best in the long jump with 4.02m, 4th in the high jump with 1.33m & 3rd in the 800m with 2mins 48.3secs.

However her shot 5.07m cost her the gold medal. She conceded 428 points to the winner Deirbhile Ryan, Nenagh Olympics & only lost Gold by 144 points. However it was a great learning experience for her.

Evan McGuire finished second in the under 16 boys event behind Eoin O'Carroll Tralee hrs. Evan was fastest in the 60m hurdles in 8.9 secs, jumped 4.97 metres in the long jump which was well below his best. He had a good shot putt of 10.27 m, a high jump of 1.62m & finished with the fastest 800m 2mins 17.2. His final score was 3,555 points behind the winners 3,684 points.

Anthony Hebron finished 4th in the under 18 boys event.

### Fixtures 2010

13-Mar All-Ireland schools & Universities x-country Cork IT  
20-Mar Connaught indoors Day 2 Nenagh 11.00am  
27-Mar Schools x-country international, Cornwall  
27/28 Mar National AAI Juvenile indoors Day 1 & 2 Nenagh  
10/11 Apr National AAI Juvenile indoors Day 3& 4 Nenagh  
24/25 Apr AAI Congress Sligo  
28-Apr Galway Sec Schools T&F Dangan  
08-May Galway U09- U11 T&F team event & relays Dangan  
09-May Galway U12-U19 T&F & relays Dangan  
16-May AAI Games & Relays  
19-May Connaught Schools T&F Athlone IT  
05-Jun All-Ireland schools Tullamore  
13-Jun National AAI League Day 1  
26 or 27 Jun AAI U9-U11 All-Ireland team competition  
27-Jun AAI Junior & U23 T&F  
3/4 Jul National AAI T&F Day 1&2  
17-Jul Schools T&F International Glasgow  
18-Jul National AAI League Day 2  
20/25 Jul World Junior Champs  
24/25 Jul National AAI T&F Day 3&4  
31 Jul/1 Aug Multi Events Sen/Masters/ juvenile  
07-Aug Celtic Games  
07-Aug Streets of Galway 8k  
14-Aug AAI National League final

### Training Sessions

Training times are as follows;  
Sundays  
10.30am-12.00pm. 7 year olds upwards  
Wednesdays  
7.00pm-8.30pm 10 year olds upwards  
Fridays  
7.00pm-8.30pm 9 year olds 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 2010 as follows:

Born 2002=Under 9, Born 2001= Under10, Born 2000= Under 11, Born 1999= Under 12, Born 1998= Under13, Born 1997= Under 14, Born 1996= Under 15, Born 1995= Under 16, Born 1994= under 17, Born 1993= Under 18, Born1992= Under 19, Born 1991= Under 20(Junior) Born 1990 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, additional family members €20. Three members or more per family €70. Membership for 2010 **is due now**. If an athlete joined the club since Sept then they do not have to pay their membership again for 2010.

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. A copy of a birth cert is required with the membership form for new members**

**This is to ensure that everybody is covered by insurance.**

### Indoor Training

Indoor training will continue until the end of March in the hall beside the changing rooms in Dangan. Training commences at 7.pm & lasts until 8.15-8.20pm. Cost is same as outdoor training €2. The last indoor session will be Friday March 26<sup>th</sup>. Training for all athletes will be on the track after that date.

### County Outdoor T&F.

The County T&F is set for 2 days in May, 8<sup>th</sup> for the u9,U10 & U11 team event & 9<sup>th</sup> for the older ages.

**However all the events may be held on 8<sup>th</sup> May & this will be decided at a later date.**

### Connaught Indoors Training,

**We will be concentrating on relay training over the next week, Especially on Sunday & St Patrick's Day. Training on St Patrick's Day will be at 7.00pm as usual & will be all relay training.**

### Schools Cross-Country,

Athletes from the club did very well in the County & Connaught secondary school's cross-country events. Alanna Lally won both the Galway & Connaught titles in the minor age group, with Maebh Brannigan finishing 2<sup>nd</sup> in the Galway & 3<sup>rd</sup> in the Connaught. Another athlete that did very well was the much improved Katie Carter. Katie won the Galway title & finished 3<sup>rd</sup> in the Connaughts. Michelle Maher also ran very well in the Intermediate category. Cian Corcoran, Adrian Hardiman, Anthony Hebron & Keith Fallon also ran well. Good luck to everybody competing in Cork this weekend.