

# Galway City Harriers Newsletter

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January 2006

## All -Ireland cross-country.

We had several excellent performances in the All-Irelands. Jack Larkin's 5<sup>th</sup> place finish in the under 14 boys was the best individual performances leading the team to bronze medals. Frank Ryan was 10<sup>th</sup> in his age group, while Irene Gorman, Nicola O'Ceallaigh, Dora Gorman and Richards Commins all had top 20 finished.

### Uneven Ages Sligo

Jenny Kinane and Emma Johnson copeted in the under 11 girls race finishing 65<sup>th</sup> & 82<sup>nd</sup> respectively.

Colm Hughes had a great run to finish 24<sup>th</sup> in the under 11 boy's race with Evan McGuire 66<sup>th</sup>. Colm picked up a bronze medal with the Galway county team.

Dora Gorman was 19<sup>th</sup> in the under 13 girls, with Ciara Mragher 82<sup>nd</sup>. Dora also picked up bronze medal with the Galway team.

Richard Commins was 15<sup>th</sup> in the under 13 boy's race closely followed by Sean Moran in 22<sup>nd</sup> place, Ronan Dobey 85<sup>th</sup>, John Evans 86<sup>th</sup>, Ruairi Coyle 100<sup>th</sup> & Shane Maloney 105<sup>th</sup>. The team finished in 9<sup>th</sup> place.

Irene Gorman finished 17<sup>th</sup> in the under 15 girls race, with Anna Shelton 45<sup>th</sup>, Lynsey Trainor 56<sup>th</sup>, Carol O'Donnell 81<sup>st</sup> & Kristine Carr 96<sup>th</sup>. The team finished 7<sup>th</sup>.

Fran Ryan won a medal for a top 10 finish in 10<sup>th</sup> place, David Gow was 62<sup>nd</sup>, Michael Evans 88<sup>th</sup>, Alan Campbell 90<sup>th</sup>, Seamus O'Conghaile 104<sup>th</sup> & Ryan Harrington 105<sup>th</sup>. The team finished 7<sup>th</sup>.

Nicola O'Ceallaigh ran a great race to finish 17<sup>th</sup>, Caoimhe Daniels 37<sup>th</sup>, Julieann Harrington 40<sup>th</sup> & Jennifer O'Donnell 71<sup>st</sup>. The team finished 5<sup>th</sup>.

In the senior inter counties one of our former juvenile stars Gary Thornton race an excellent race to finish 9<sup>th</sup>.

### Even ages Athlone

Emma Johnson finished 133rd in the under 12 girl's race.

Richard Commins ran another good race to finish 16<sup>th</sup> in the under 12 boy's race with Ronan Dobey 93<sup>rd</sup>.

The under 14 girls finished 4<sup>th</sup> team just missing a team medal by 13 pts. Eimear Hanahoe had her best race on the season finishing 26<sup>th</sup>, Niamh Walsh was next finisher in 38<sup>th</sup>, Lynsey Trainor 50<sup>th</sup>, Dora Gorman 74<sup>th</sup> & Kristine Carr 76<sup>th</sup>.

Jack Larkin ran a superb race to finish 5<sup>th</sup> and pick up a top 10 medal. He also led the team to bronze medals. Alan Campbell 49<sup>th</sup>, Ryan Harrington 65<sup>th</sup> & Seamus O'Conghaile 79<sup>th</sup>, completed the scoring team

Once again we had the under 16 girls had to settle for 4<sup>th</sup> place.

Irene Gorman led the team home in 17<sup>th</sup> place, Nicola O'Ceallaigh 30<sup>th</sup>, Caoime Daniels 41<sup>st</sup>, Anna Shelton 44<sup>th</sup>, Carol O'Donnell 70<sup>th</sup> & Jennifer O'Donnell 78<sup>th</sup>.

Overall the season was quite successful and all the teams will develop further over the next twelve months. Thanks to all the coaches for the hard work over the cross-country season

**There will be no training next Friday 20<sup>th</sup> January.** The Galway Sports stars awards are on that night. Gemma Hynes has been awarded the Athletics Sports Star. Gemma who is 17 years old has been with the club since she was 9 years old. She represented Ireland this year at the European youth Olympics & European Junior championships.

## Connacht indoor Events

Under12 B/G	Under16B/G	11 <sup>th</sup> Feb Under19B/G
60M	60M	60M
600M	60M hurdles	60M hurdles
Long Jump	200M	200M
High Jump	800M	400m Girls
Shot	1500m	400m Boys
4X100M relay	Long Jump	800M
<b>Under13/B/G</b>	High Jump	1500m
60M	Shot	Long Jump
60M hurdles	4X200M relay	High Jump
600M	Walk	Triple Jump
Long Jump	<b>Under17B/G</b>	Shot
High Jump	60M	4X200M relay
Shot	60M hurdles	Walk
4X100M relay	200M	
	800M	
<b>Under 14B/G</b>	1500m	
60M	Long Jump	<b>J/S M/W</b>
60M hurdles	High Jump	60M
800m	Shot	400m
Long Jump	4X200M relay	1500m
High Jump	Walk	Long Jump
Shot	<b>Under18B/G</b>	Shot
4X200M relay	60M	3000m
Walk	60M hurdles	
	200M	
<b>Under 15 B/G</b>	300m Girls	
60M	400m Boys	
60M hurdles	800M	
800M	1500m	
Long Jump	Long Jump	
High Jump	High Jump	
Shot	Triple Jump	
4X200M relay	Shot	
Walk	4X200M relay	
	Walk	

## Age Groups for 2006 as follows:

Born 1998 = Under 9, Born 1997 = Under 10, Born 1996 = Under 11, Born 1995 = Under 12, Born 1994 = Under 13, Born 1993 = Under 14, Born 1992 = Under 15, Born 1991 = Under 16, Born 1990 = under 17, Born 1989 = Under 18, Born 1988 = Under 19, Born 1987 = Under 20 (Junior) Born 1986 or earlier = Senior

### Fixtures 2006

15-Jan	AAI Games Nenagh
19-Jan	Galway Secondary Schools, St Marys
22-Jan	AAI juvenile B x-country & relays Athlone
28/29 Jan	AAI Juv & Senior combined events Nenagh
29-Jan	Celtic x-country ALSAA Dublin
01-Feb	Connaught Sec Schools x-country, Boyle 1pm
11-Feb	Connaught indoors Nenagh 10.30 am start
12-Feb	AAI Intermed & Masters X-country Cork
18/19 Feb	AAI indoor T&F Belfast
25-Feb	AAI Sen/Jun Cross-country Santry
18-Mar	AAI Junior indoor T&F Nenagh
19-Mar	AAI indoor relays
25/26 Mar	AAI Juv indoors Nenagh day 1&2
1/2 Apr	AAI Juv indoors Nenagh day 3& 4
04-May	Galway Secondary Schools T&F Dangan
17-May	Connaught Secondary Schools T&F Dangan
03-Jun	All-Ireland schools Tullamore
02-Jul	AAI Junior & U23 T&F Tullamore
8/9Jul	AAI T&F U14-19
15-Jul	AAI Juv relays
16-Jul	AAI Juv U9-U13 T&F
22/23 Jul	AAI Senior T&F Santry
29/30 Jul	Juv B T&F & county relays
12-Aug	Celtic T&F

### Training Sessions

Training times are as follows;

Sundays

**10.30am-11.45 am. 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.**

**Please take note of the age groups.**

The cost of each session is 1 Euro 50 cents.

Please come to training on time.

**Training starts at the above times. Over the next few weeks we will crack down on bad timekeeping. So if you are continuously late you will not be allowed into the session. You have been warned.**

**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.**

### Club Party

**This year's party will be held next Saturday 21<sup>st</sup> January in the Menlo Park Hotel. It will run from 8.30pm until 11.30pm. Make sure you bring your dancing shoes.**

### Bag Packing

**The bag packing was a great success. The club raised €3,659.44. All this money will go towards buying equipment and entry fees for competitions. We wish to thank all the athletes and parents for their support. We have already booked Dunnes again for December 2006.**

### Indoor Training

**Indoor training has recommenced in the Pavilion Dangan across from the track on Friday nights at 7 pm-8-30pm for 8-10 year olds. This indoor training will continue on until mid March. Please arrive on time & leave the facility clean after training.**

**The Connaught indoors will be held in Nenagh on Saturday 11<sup>th</sup> February. The age group starts at under 12. This year it is a one day event starting with the even age relays u12,14,16,18 & finishing with the uneven age relays u13,15,17,19. A bus will be leaving Dangan at 7.15am. We need to know at least a week in advance the names of the athletes travelling on the bus.**

The club had a lot of great performances at last weekend's indoors. We will have a full set of results in the next Newsletter. There is a good report and lots of photographs in this weeks Connaught Tribune.

### Club Gear

**Oliver Geraghty** has got club vests and shorts, which are being sold for 35 euros a set. The vests and shorts can be bought at 20 euro each separately.

You can also buy a club tee-shirt at 10 euro. It's important that athletes have their own club gear for competitions.

**Pauline Harrington** has also got a new stock of girl's gear for the over 14's. I'm afraid it's not unisex. The shorts and top are €45 per set. Pauline also has track suits. XS costs €55 & S,M&L €60.

### Club Membership

**The club membership is now due for 2006**

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

If any parent has any queries please contact the Club Secretary P.J. Coyle at 526192 or Oliver Geraghty at 764292 or Martina at 528529 or ask any of the coaches for more information.

**New Members. We still need more boys in the club especially in the 13-16 age groups**